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Issue 167

5 September 2016

Feel Good

Waltham Forest

Dear Resident,

Like the rest of the country, we've enjoyed watching a fantastic summer of sport unfold this year, kicking off with the Euros in France and reaching new heights with the Rio Olympics and Team GB's incredible success.

But having stood on the side-lines, it's now time for you to get involved and emulate this summer's sporting heroes – some of whom have come from right here in Waltham Forest, including Lutalo Muhammad, Olympic Silver Medalist in the men's - 80kg taekwondo and the England Women's Hockey Team. The England Ladies Hockey Team have competed in a number of International competitions within the borough at the Lee Valley Hockey and Tennis Centre.

Our **Waltham Forest Feel Good Festival**, which runs throughout September, will shine a spotlight on the vast array of ways you can get active, stay healthy and be happy.

Featuring **over 60 events over 30 days**, from Tai Chi to trampolining and walking football to fun runs, there will be a huge range of activities on offer including health workshops and family-friendly activity sessions.

We want to build upon the **feel-good** factor this summer of sport has created in our community by creating a festival that's jam-packed with events and activities to help you look after every aspect of your health and wellbeing.

The festival will culminate in the opening of the borough's **brand new leisure facility, Waltham Forest Feel Good Centre**, on Monday 3 October. It will be more than just a leisure centre – going beyond sport and fitness opportunities and offering activities designed to increase self-esteem, self-confidence and general wellbeing.

Read on to find out what's going on this month and how you can take part – and help us to make Waltham Forest the Feel Good borough.
**Chris Robbins, Leader,
Waltham Forest Council**



Get involved at **FeelGoodWalthamForest.com**



Born and raised in Walthamstow, Reece has high hopes of competing in the men’s 200m at the 2017 World Athletics Championships in Stratford.

How did you get into sports?

I started doing sports at primary school, trying a wide variety of sports from football and rugby to basketball and athletics. I used to go to play scheme at the old Waltham Forest Leisure Centre and at the age of 13 joined the local athletics club Enfield and Haringey.

What’s your greatest achievement?

My greatest achievement would be winning a bronze medal at the 2016 British Championships Olympic Trials.

What advice would you give to young aspiring athletes?

My advice would simply be to enjoy the sport and always strive for more, never let anyone set limits on you, if you have a dream protect and believe in it.

Who has been influential in your life and why?

My mum has been very influential and supportive of me, keeping me grounded and humble throughout. Secondly, I look up to Kobe Bryant’s mentality as an athlete to always aspire to do more and train and sacrifice everything to be world class.

Do you have Tokyo in your sights?

My long term goal is to make the final in Tokyo 2020 for the 100/200m.

What role did Waltham Forest play in your development?

Where did you train?

Waltham Forest Council played a significant role in my early development by supporting me with the Kangaroo Bursary which allowed me to have access to special coaching , nutrition and financial support towards kit and equipment.

Waltham Forest Feel Good Festival

Our fantastic Feel Good Festival runs throughout September and hosts a packed programme of activities and events to support our Health and Wellbeing Strategy

“Our approach to Health and Wellbeing aims to ensure that as a borough our residents have healthy, happy and longer lives. We plan to achieve this by working with partners to make improvements to help our residents thrive and enjoy life. A key aspect to improving our general health and wellbeing is physical activity and sport.”

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing

There are massive benefits to physical activity including weight management, management of health conditions, helping with depression, tension, confusion and fatigue, increasing self-confidence and self-esteem and overcoming the feeling of isolation or loneliness. The Feel Good Festival helps to support residents at all levels of fitness, so it doesn’t matter who you are, you can come and join in.

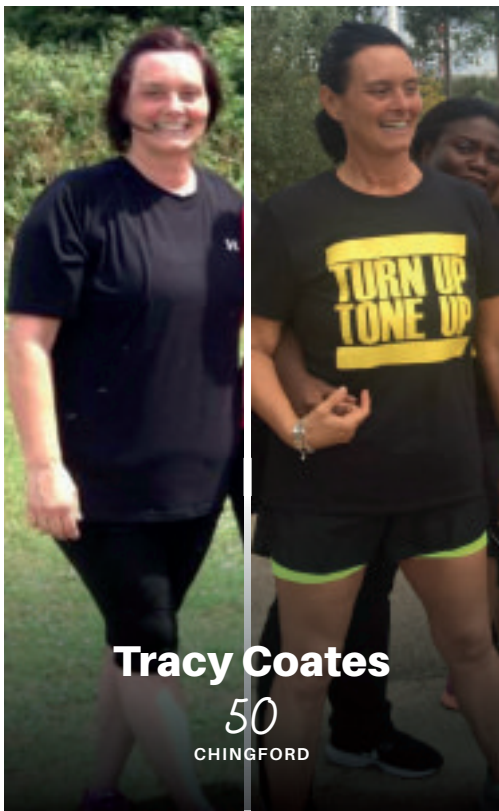
We’re holding our fantastic annual Festival of Sport on Saturday 1 October. Come down and

get the family involved in Olympic and Paralympic sports including boxing, martial arts, athletics, football, tennis, hockey and much more. Not only are there exciting activities taking place, you’ll also be able to get tips from sporting professionals.

The Festival of Sport takes place on 1 October 11am-7pm at Chestnuts Field, Walthamstow, opposite the **Waltham Forest Feel Good Centre**.

There’s a huge range of activities on offer during September for residents to take part in, including tea dances, stress reducing ‘Mindfulness’ sessions, boxing and fitness, Tai Chi, sexual health week and loads more. There really is something for everyone to enjoy and benefit from.

For more information or to check out the events guide, visit **FeelGoodWalthamForest.com**



Turn Up and Tone Up with Our Parks

Tracy Coates “I’ve been attending Our Parks for over a year after a friend told me about it. I do 7 – 8 classes a week and sometimes more and since joining I have lost 2st 7lbs and for the first time ever it’s staying off and my diet is much healthier. I have so much more energy and still have treats but I don’t eat like I used to and I know i’m working it off. Also I don’t overeat because I feel i’m undoing all the hard work.

The sessions are hard but fun and it’s a great workout. There are all shapes and sizes and all different ages and we all encourage each other and although we work hard we do have fun. The trainers bond with all of us and if any of us need advice then they are on hand. I have made lots of friends and have a great social life with a good mixture of people. I’d recommend Our Parks to anybody, there’s something for everyone, whatever your level of fitness so come and get involved.”

Visit **FeelGoodWalthamForest.com**

The Feel Good Festival encompasses all things health, wellbeing and sport. There are five themes running throughout: Health, Active, Sport, Enjoy and Leisure.



Health



Active



Sport



Enjoy



Leisure



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Exam success for students

Students were jumping for joy as Waltham Forest recorded its most successful GCSE year yet

The borough's bumper crop of provisional GCSE results were revealed on Thursday 25 August – one week after sixth form and college students notched up another impressive set of A-level results.

In a year which, for the first time ever, saw every Waltham Forest secondary school rated as "good" by Ofsted, provisional GCSE results pointed towards another good news story for local families, as the percentage of students achieving at least five A*-C GCSEs, including English and maths, rose to 60.8 per cent – an increase of 3.4 percentage points compared to last year.

And the proportion achieving an A*-C in English and maths rose by 4.7 per cent to 63.8 per cent.

Across the borough on A-level results day (18 August), provisional figures revealed 98 per cent success rates at grades A* to E, with the average A-level grade increasing at the majority of colleges and sixth forms.

Cllr Grace Williams, Waltham Forest Council's Cabinet Member for Children and Young People,

said: "Huge congratulations to our students, teachers and school staff for their hard work and dedication. With provisional results at secondary schools having improved on last year, it's once again set to be the most successful GCSE year we've had.

"Local families can rest assured we will do all we can to help the school improvements we've seen in recent years continue in the months and years ahead."

Council Leader, Chris Robbins, added: "We're absolutely committed to doing all we can to support Waltham Forest schools in giving young people the best start in life, and we wish everyone who collected their results the best of luck with their next steps."

The Department for Education will now moderate exam results before publishing the final figures in January 2017.

More info

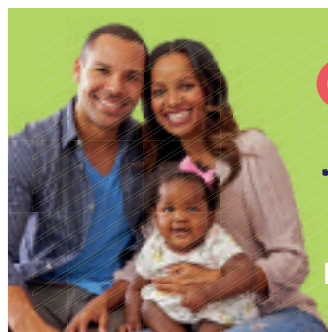
Turn to the centre pages of this edition to read our special education pull-out.

Walthamstow Warrior returns

Turn to
Page 13



Olympic silver medallist, Lutalo Muhammad, dropped into Waltham Forest Town Hall, to meet Council Leader Chris Robbins and take a sneak-peak at Waltham Forest's Feel Good Centre on Thursday 1 September.



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Waltham Forest wins!



Waltham Forest won the first-ever borough v borough Park Off

Our Parks members from across the borough pulled on their trainers en masse to take part in the first-ever borough v borough 'Park Off' last month.

Dozens of 'Parkers' gathered at the Queen Elizabeth Olympic Park (London, E20 2ST) on Sunday 28 August for the event, which saw teams from seven

London boroughs compete against each other in a sports day contest.

The demand from local people was so overwhelming that Waltham

- Residents compete in fun community exercise competition
- Event was part of free 'Our Parks' exercise sessions in parks and open spaces

Forest had to enter two teams for the competition.

Challenges on the day included three legged races, wheelbarrow races and sack races, which were enjoyed by competitors of all ages. Boroughs earned points depending on how well their team performed. Waltham Forest 'B' team were named the eventual winners after triumphing in a tie-breaking tug-of-war against the team from East Village in Newham.

Our Parks is the name given to the free outdoor activity sessions that take place in four of the borough's parks. You can sign up

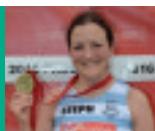
for yoga, boxercise, circuit training, hula hoop fitness, BoxFit and much, much more.

The Council currently funds 40 hours of Our Parks activities a week in Lloyd Park (Forest Road, E17 5EH), Leyton Jubilee Park (Seymour Road, E10 7BL), Langthorne Park (Langthorne, E11 4GY) and Ridgeway Park (Peel Close, E4 6RS), and it's completely free to take part.

More info

For more information, visit www.ourparks.org.uk/waltham-forest.

In my opinion



Steph Rashbrook

Leyton resident and Eton Manor Athletics Club member

I first attended Eton Manor Athletics Club almost four years to the day of this year's London Marathon, which took place in April. I followed the club's 'Love 2 Run' 0-5km beginner's programme, which begins by alternating jogging and walking. Each week, you jog a little more and walk a little less until you complete a 5km run.

But I didn't really get my confidence until about a year ago, when I joined the 'Still Love 2 Run' programme, which takes you from five to 10km. A club member once said to me that some people blossom instantly, while others

take time to bloom, but are just as beautiful!

By September 2015, I managed my first continuous 10km run, then in December 2015, I found out I'd been awarded the club's place for the Virgin London Marathon 2016.

Training started on 1 January 2016, and started out so well. Unfortunately, a few weeks didn't go quite as well and the furthest I achieved in training was 17 miles.

On the day of the marathon, I met with fellow 'Manorites' and while waiting to start I got talking to runners from all different backgrounds.

Once the marathon began, there

was music playing and crowds of people lining the streets, all cheering on their friends and family. Running around London landmarks such as Tower Bridge with crowds cheering was a great experience. The last six miles were almost easier than the 13-20 mile stretch, with the crowds cheering, the funny banners, and knowing it was less than 10k to go! It was a sense of relief to see the finish line and I managed to speed up along The Mall. After crossing the line, I was awarded my medal and collected my goody bag!

Without the club's help and support, I would never have had the opportunity to partake in such

a historic race. Hopefully I did the Manor proud, even if I wasn't the fastest (5hrs 36mins). I hope I embodied the Manor spirit of being inclusive to everyone, regardless of speed or stamina. I tried my best and hope I have inspired some of the newer runners to join in and aim high.

If you're considering running, but think you can't do it, think that this time last year, I was struggling to

run 10k continuously, but with the support and help of Eton Manor AC, I've now completed three half marathons and a full marathon!

The next Love 2 Run course will start on Monday 3 October. It is free to take part in, but you must book a place.

For more information, email etonmanorac2013@gmail.com or visit www.eton-manor.com.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

Contact Waltham Forest Council



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Waltham Forest News

Editor: Jenny Singh

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk.

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Better streets benefit all

Residents living in the Chingford area are asked to give their views on plans to improve Chingford town centre and make our streets fit for all; whether you walk, cycle, use public transport or drive.

A series of perception surveys and design workshops took place earlier in spring, which informed the Council's proposals for new and improved cycle routes through the area – mainly on quieter residential streets – as well as creating better crossings for pedestrians and cyclists, improving road signs and markings, upgrading footpaths and

improving public spaces.

A consultation begins this week, and residents are asked to rate and comment on groups of proposed designs, and tell the Council what else they would like to see.

Information leaflets have been sent to 22,500 addresses in Chingford, letting residents know how to take part. If you do not receive your leaflet by Friday 9 September, you can view the documents online or contact the Council.

No road closures were included in the initial proposals that were presented earlier this year. However, 29 residents have since asked

the Council to consider closing Endlebury Road to stop rat running traffic.

The Council has taken these views on board and is now asking the wider area what they think of the proposal. Ultimately, it will come down to what residents in the area say they want.

There will also be two drop-in events so you can view the plans and ask questions in person. The first takes place on Wednesday 14 September between 6pm and 9pm at Rushcroft Foundation School (Rushcroft Road, E4 8SG). The second takes place on Wednesday

21 September, 6pm to 9pm at Mornington Hall (The Green Walk, E4 7EN).

The consultation ends on Wednesday 28 September. The Council will shape the final design using your suggestions, and will tell you how and where it has used your ideas.

More info

View the proposed improvements and complete the consultation questionnaire at <https://chingfordtc.commonplace.is> or, to request a hard copy, email enjoy@walthamforest.gov.uk or phone 020 8496 300.

Garage scheme provides affordable homes



Cllr Limbajee (centre) at the St Leonards Avenue site with representatives from Keepmoat and the Council's project team

More affordable homes are being built across the borough thanks to an ambitious programme that is seeing a number of Council-owned garage sites being transformed into new housing.

The Council is working with developers Keepmoat on the project that will provide 52 new homes across 15 sites located across the borough. One of these

sites is on St Leonards Avenue in Chingford, where work is already well underway on demolishing the existing garages to provide two new three bedroom houses.

Cllr Khayn Limbajee, Cabinet Member for Housing, said: "Increasing our stock of affordable housing for local people is one of our top priorities, so it's great to see the progress being made on this important scheme. By reviewing

our garage sites across the borough we will be able to provide 52 new high-quality Council homes, which will be available for residents to move into next year. Our aim is to provide thousands of new homes across the borough, and a significant number of these will be provided on Council-owned land."

Dan Germann, Regional Managing Director at Keepmoat's London and Southern regeneration

division, added: "With local authorities across London and the South East looking at innovative ways to increase housing stock, Waltham Forest is one step ahead with this garage infill programme. The work is well underway and we were delighted to welcome Cllr Limbajee to the St Leonards Avenue site to see the progress we have made so far."

The 52 new homes being provided through the scheme will be a mixture of houses and flats. Work on all 15 sites is scheduled for completion in March 2017.

All of the homes in the programme will be built to high sustainability standards incorporating solar panels, condensing gas boilers and well-insulated walls and roofs, which will help to keep energy bills as low as possible.

Waltham Forest Council has an ambition to deliver 12,000 new homes by 2020, playing its part in helping to alleviate London's housing crisis and provide a greater range of quality housing.

More info

For more information on Council building developments visit www.walthamforest.gov.uk/content/council-building-developments

In brief

Walthamstow Shopper Survey

Residents are being asked to share their views about shopping in Walthamstow in order to help shape plans for further regeneration work in the town centre.

The review will show what residents think Walthamstow Market adds to the town centre, and the wider community. The survey will be conducted by Quarterbridge on behalf of Waltham Forest Council over the coming weeks, and closes on Friday 30 September.

• To take the survey, visit www.surveymonkey.co.uk/r/Walthamstow. You can also email walthamstow@quarterbridge.co.uk or write to Walthamstow Market Review, Quarterbridge, 2 West Stockwell Street, Colchester, CO1 1HQ.

Council Tax Support consultation

Residents are being asked to have their say on proposed changes to Waltham Forest's Council Tax Support Scheme. The current scheme will come to an end on 31 March 2017, and the Council is considering what the new scheme should look like from 1 April 2017 onwards. The Council wants residents to fully understand the options available to us, why we are proposing a particular option and the reasons why we do not favour alternative options. The consultation will run between Wednesday 24 August and Tuesday 4 October.

• Fill in the survey at www.walthamforest.gov.uk/CTSconsultation.

Prevent programme

The Council's ongoing efforts to help tackle the risk of radicalisation affecting the country will be further boosted by the addition of a new member of the community safety team, whose role will centre on community engagement activities and opportunities. Under the Government's Prevent programme, all local authorities are obliged by law to take action to prevent people from being drawn into terrorism. One of the ways the Council has been doing this in Waltham Forest is through workshops in schools. Earlier this year, YouTube sensation Humza Arshad visited borough schools to present a short film taking a unique look at the risks that radicalisation poses to young British Muslims.

4 Priorities

Students celebrate as hard work pays off

■ Waltham Forest students collected their A-level, BTEC and GCSE exam results in August

■ Good grades pave the way for sixth form, college, university and apprenticeships

Laughter, tears of joy and squeals of delight filled the air around the borough's secondary schools and colleges on Thursday 18 and Thursday 25 August, as Waltham Forest's students found out if their hard

work had led to the exam results they needed.

With college, sixth form and university places hanging in the balance, opening results envelopes proved a daunting experience for many younger residents.

Some students were joined by family members, while others huddled with their friends and urged one another to be the first to take the plunge and open the all-important results envelopes.

On both days, teaching staff were on hand to help students celebrate and, where necessary, make important calls to universities and UCAS – the body through which students apply for university places – to help them secure

places if their results were better or worse than predicted.

Over the coming months, the results will be moderated before the final figures are published by the Department for Education in January 2017.



Lammas pupils Precious Anekwe and Mariam Olusunmade had plenty to celebrate on GCSE results day. They will now stay on to study A-levels



Waltham Forest College student, Sondas Riaz, received a Triple Distinction in her BTEC Level 3 exams. She will now study Computer Science at Middlesex University



Willowfield student Asmaar Butt checks out his GCSE results with teacher Debbie Smart



Staff at Leyton Sixth Form College said students delivered a "gold medal performance" this Olympic year, after pupils achieved an A-level pass rate of 99.5 per cent



Students from Lammas School looked pleased with their GCSE results



Students were all smiles at Waltham Forest College on A-level and BTEC results day



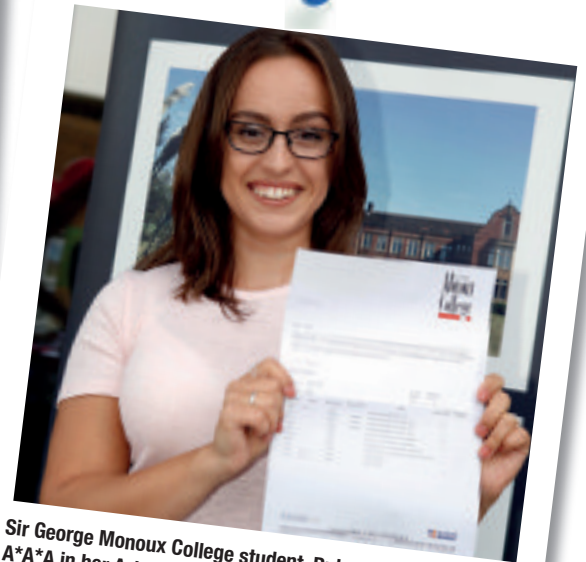
This group of friends were clearly pleased with their A-level and BTEC exam results



Students and staff at George Monoux College celebrate the news that A* and A grades at A-level increased by a third



Lukas Pasninas achieved a Double Distinction Star in Public Services after studying at Waltham Forest College



Sir George Monoux College student, Ruka Gjeta, achieved A*A*A in her A-level exams



There were tears of joy and plenty of congratulatory hugs at Sir George Monoux College



Pupils from Walthamstow School for Girls jump for joy on GCSE results day

In brief

Don't flush wet wipes

Whether you use them to take your make up off, clean surfaces or deal with the kids' sticky fingers; we all love a wet wipe. But according to the Marine Conservation Society, millions of us are flushing wipes down the toilet, rather than putting them in the bin. During the Great British Beach Clean 2015, volunteers found 4,000 wet wipes washed up around the UK coastline – a 400 per cent rise in a decade. Even wipes labelled 'flushable' fail to meet water standards and don't disintegrate when flushed. They also pose a threat to marine life as they contain plastic. Wipes are eventually broken down into 'microplastics' which are ingested by marine animals – including those destined for your dinner plate. So next time you reach for a wipe, dispose of it properly. And consider if you really need it, or if you can find an environmentally-friendly alternative.

• For more information, visit www.wetwipeturnnasty.com.

Guided rides

A new series of guided bike rides will get people cycling and showcase some of the best places to ride around the Queen Elizabeth Olympic Park. The rides are part of the Cycling for Health programme, a legacy project from the 2016 Track World Championships, which took place at Lee Valley Velo Park in March 2016. The rides are led by British Cycling Ride Leaders, and are also backed by the Council and the Lee Valley Regional Park Authority. The Waltham Forest rides have been leaving from the Allum Medical Centre in Leytonstone (Fairlop Road, E11 1BN), with the next one taking place on Sunday 11 September.

• To sign up, visit www.goskyride.com/search/details?eventid=75054

Outdoor group

A new youth cycling club has been launched in Higham Hill, giving children aged nine to 14 the opportunity to learn new skills and enjoy led rides around the borough. The club is the first project launched by the new Community Outdoor Group which is being run from the Hub in Higham Hill (Hecham Close, E17 5QT). The club is being run in partnership with Waltham Forest Council, Metropolitan Police and British Cycling. The cycling club sessions will run weekly from September, and will be ideal for children who want to take up cycling as a sport or daily mode of transport.

• For more information, email info@highamhillhub.org.uk



Food recycling in flats

- Food waste recycling collections to be launched in purpose-built flats
- Recycle Week asks people to look for the 'unusual suspects'

A new food waste recycling scheme is being launched for residents living in purpose-built flats across the borough, and will make throwing away unwanted food and leftovers a thing of the past.

The collection service is being launched in suitable flats, and the Council will provide all the equipment residents need to start recycling their food waste.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, said: "Food waste can make up to 30 per cent of the waste thrown away by a household each week, so we want to make it as easy as possible for residents to recycle their unwanted food items."

"Residents in purpose-built flats have been asking for food waste collections for some time, so I'm pleased that we are now able to start rolling this out. This scheme will help to boost the amount of organic waste we collect, which in turn will help to increase recycling

rates across the borough."

The collection service for flats is being launched in phases, the first beginning in late summer. Households in blocks where the service is being introduced will receive a kitchen caddy, a roll of compostable bags, and a letter and leaflet explaining how to use them. An external food waste housing unit will also be delivered to each block.

Once you have received your kitchen caddy you just need to line it with a compostable bag and start filling it with food waste. Cooked and uncooked food can be thrown in, including fruit and veg peelings, tea bags, coffee granules, bread, pastries, dairy products, rice, pasta, beans, meat and fish – including bones. Just remember that liquids should not be included.

Once your caddy is two-thirds full, you should tie a knot in the bag and empty it into your block's food waste housing unit. This will be emptied every two weeks.

If you run out of compostable

bags you can buy more online or from local supermarkets; they just need to have the seedling logo which shows they are suitable for food waste recycling. Alternatively, you can wrap food waste in newspaper.

The food waste collected from flats will go to the same facility in Edmonton where the Council already sends all the food and garden waste it collects. From there it is turned into compost for use in the borough's parks, open spaces and food growing sites.

Recycle Week

This year's national Recycle Week takes place from Monday 12 to Sunday 18 September, and residents are being asked to hunt for the 'unusual suspects' around the home.

There are a number of everyday items that can be recycled which you may not be aware of, such as toothpaste boxes, aerosol cans and aftershave and perfume bottles.

If everyone in the UK recycled just one toothpaste box, it would save enough energy to run a fridge in over 2,000 homes a year.

The Council's recycling team will be out and about around the borough during Recycle Week to offer advice on all the items you can recycle from different rooms around the home.

The team will be in Walthamstow Town Square on Tuesday 13 and Friday 16 September, and in The Mall in Walthamstow on Saturday 10 September, as well as other locations across the borough throughout the week. Pop down to see them and try out a game to discover items you might not know can be recycled.

More info

For more information, visit www.walthamforest.gov.uk/recycling. For more on Recycle Week visit www.recyclenow.com.

Fly-tipping crackdown

- Council makes use of new powers to combat fly-tipping
- Anyone caught in the act can be fined £400 on the spot



Waltham Forest Council lobbied for greater powers to punish fly-tippers

New powers to crack down on fly-tippers are already being put to good use by the Council, with 34 fixed penalty notices (FPNs) and fines totalling over £13,600 dished out in just over a month.

Councils in England and Wales

now have the power to issue FPNs carrying a fine of £400 to anyone caught fly-tipping, without having to resort to court action which can often be a lengthy and costly process.

Cllr Clyde Loakes, Deputy

Leader and Cabinet Member for Environment, said: "We led the lobby of Parliament for the introduction of FPNs for fly-tipping, and we are already putting this new power to good use. The majority of fly-tips are spur of the moment criminal acts, so it's great to be able to punish those responsible on the spot.

"The fine will allow us to cover collection and disposal costs for fly-tips, meaning that taxpayers will not be left footing the bill for someone else's criminal actions. We're also not taking the option to issue a lower fine for fly-tipping, so anyone we catch can expect to be hit for the full £400."

Between Thursday 7 July and Tuesday 9 August the Council issued 34 FPNs for fly-tipping across the borough, with fines totalling £13,600. If fines are not paid in time then the Council will take further action which could result in prosecution in court.

The Council is already leading the way in the fight against enviro-crime

and – in particular – fly-tipping.

Last year it became one of the first local authorities in London to utilise new powers that allows it to crush vehicles that have been seized after being used for fly-tipping.

The Council's Neighbourhoods team carries out regular patrols for fly-tipping, and it will use all of the powers at its disposal, including CCTV footage and sharing intelligence with neighbouring boroughs, to track down and punish those responsible.

The first £400 FPN to be issued by the Council came after three men were recorded on a CCTV camera dumping a sofa in Leytonstone. The camera had been installed by the Council as the area had been a hot-spot for fly-tipping in the past.

More info

Residents can report fly-tipping and other enviro-crime offences by visiting www.walthamforest.gov.uk/neighbourhoods.

In brief

New cycle hub

A second state-of-the-art cycle parking hub will open at Walthamstow Central Station (Station Approach, E17 9QF) later this week. The hub offers space for 80 bikes, and complements the cycle shed that was installed in Selbourne Road – on the other side of the station – last summer. The sheds allow commuters to securely park their bikes for just £10 per person, per year, and offers CCTV, lighting and secure fob entry. So far, five cycle hubs have been installed at stations around the borough, with five more to follow between now and 2017. The hubs are ideal for people looking to include cycling as part of their daily commute or who cycle to the shops and want to park their bike securely. To sign up you will need to provide proof of address, a photo and the details of your bike. Once received, your application will be processed and your fob sent by post.

• For more information, or to register to use a cycle hub, visit www.enjoywalthamforest.co.uk/cycle-sheds. Free internet access is available in all Waltham Forest libraries.



New school opening September 2017

Athena Primary Academy, Lea Bridge Road, Hackney E5 9RJ

You are welcome to attend an open day:

Introduction, ethos and values:

19.09.16 1pm – 2.30pm at Walthamstow Leisure Centre, E17 8RN

24.09.16 10am – 11.30am at Pembury Community Centre, Dalston Lane, Hackney, E8 1HL

Come and visit our sister school to meet the team:

20.10.16 9.15am – 10.30am at Chapel End Junior Academy, Roberts Road, E17 4LS

Curriculum and updates:

26.11.16 10am – 11.30am at Pembury Community Centre, Dalston Lane, Hackney, E8 1HL

25.11.16 1pm – 2.30pm at Walthamstow Leisure Centre, E17 8RN

To find out more, please contact us on:

07933 947853

Email: info@athenaacademy.co.uk

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Waltham Forest

Sports Awards 2016

The annual Waltham Forest Sports Awards evening will be held in November at Walthamstow Assembly Hall.

The awards recognise individuals, teams and sports clubs that have made an outstanding contribution to sport and physical activity in Waltham Forest. Nominees must live, attend a school or represent a club in Waltham Forest.

Join us in celebrating this wealth of local talent by nominating!

The Categories are:

- **Club of The Year**
- **Coach of the Year**
- **Junior Team of the Year U11**
- **Junior Team of the Year U18**
- **Outstanding Individual Contribution London Youth Games 2016**
- **Volunteer of the Year**

- **Young Sports Leader/Volunteer of the Year U16**
- **Adult Team of the Year**
- **Inclusive Sports Award**
- **Physical Activity and Health Project Award**
- **Sports Person of the Year U16**
- **Outstanding Services to Sport**
- **Sports Person of the Year**
- **Outstanding Team Contribution London Youth Games 2016**

The nomination deadline is Friday 16 September 2016.

For information on how to nominate please contact the Sport and Leisure Team on **020 8496 3694** or email **sports.dev@walthamforest.gov.uk**



Waltham Forest

Leyton



AFC Leyton Girls offers high quality coaching for young, female footballers

Here come the Girls

- AFC Leyton Girls enjoyed success in their first season
- Club is on the lookout for new players, as well as volunteers

During the past few weeks, most of us were glued to our TV screens as we watched Britain's top athletes compete at the 2016 Rio Olympics Games; culminating in a best-ever second place finish for Team GB.

But celebrating slightly more modest sporting success, closer to home, is Waltham Forest's newest football club – AFC Leyton Girls. Set up last June, the club offers teams for under nines to under 18s and plays in the Essex County Girls League and Capital Girls League.

Waltham Forest News caught up with Club Secretary, Paul Burke, to find out more and hear what the future holds for our fancy-footed female footballers.

"I've been involved with youth football for some time, and there are a lot of clubs doing excellent work to provide top-quality coaching," said Paul.

"But in the past, I was frustrated that many girls' teams seemed to be treated as an afterthought by their clubs. When I was coaching girls for another local club, I would

get annoyed at trying to schedule a training session for 11 year olds and being told the only time the pitch was free was at 9.30pm on a school night.

"The girls were really committed to playing and improving their skills, and I felt they deserved better than always having to fit around everyone else. So we decided to set up AFC Leyton Girls – and form a quality club dedicated to young, female footballers.

AFC Leyton Girls was affiliated with the London Football Association (FA) in June 2015, and immediately started making waves.

Paul said: "We had a fantastic first season, with both the under 14s and under 15s teams winning their leagues. The under 11s team were also unbeaten, and there were several decent cup runs.

"There are some really skilful young female players in our borough, we just need to hone and nurture their talents; exactly the same way as if it was a young man. I think it's important to get more girls involved in football from a young age

and instil the love for the game, for being part of a team, working hard and enjoying a healthy lifestyle."

Although originally formed in Leyton, the club now trains at Salisbury Hall Playing Fields (Walthamstow Avenue, E4 8ST), on a brand new 3G artificial pitch which was installed earlier in the summer by Waltham Forest Council.

Annual membership of AFC Leyton Girls costs £320 for 40 weeks. For that, players can get three hours of coaching a week, plus games at the weekend. Each player is issued with a team kit and team training kit at the start of the football season.

The club would now like to hear from local people who can volunteer to help during the forthcoming season, or for special events.

Paul added: "We are looking for all kinds of volunteers, from those with previous experience to those who can help with administration and fundraising. While we would be very happy to hear from people who have previous coaching experience, we can help find subsidised courses

that are run by the FA.

"Many local businesses have been very generous and helped us last season, but I would be delighted to hear from any other groups or businesses who might be able to help this year. Whether that's by sponsoring shirts for one of our teams, drumming up helpers for a tournament or raising money to help our players travel to games."

From September, AFC Leyton Girls will host after school sessions at four local schools to encourage more young women to play football. The sessions will be run by the club's UEFA B qualified coaches, and the club is also starting a Saturday Soccer School for players of all ages and abilities, which will start at 10am.

The club will also host a new tournament next April, and hopes to have around 30 girls' teams participating in a Festival of Football.

More info

To find out more, email afcleytongirls@outlook.com or follow on Twitter [@AFCLeytonGirls](https://twitter.com/AFCLeytonGirls).

In brief

Football fan? Want to get fit?

Men aged 35 to 65 years old who have a waist size of 38 inches or bigger are being encouraged to sign up for a new healthy lifestyle programme. Run by the Leyton Orient Trust, 'Football Fans in Training' is a free, 12-week course taking place at Leyton Orient's Matchroom Stadium (Brisbane Road, E10 5NF), every Monday from 12 September. The sessions take place between 6.30pm and 8.30pm. The sessions focus on healthy lifestyle workshops and physical fitness activities. The course is free but you must book a place in advance.

• To book, email phillip.smith@leytonorienttrust.org or phone 020 8556 5973.

Countryside Live

Leyton Marshes (Lea Bridge Road, E10 7QL) will once again host the Countryside Live event, which this year takes place on Saturday 24 and Sunday 25 September. Countryside Live brings the best of the British countryside to London, with everything from falconry and ferret racing to the infamous 'dancing sheep' show. You can also get up close to some of the animals from Lee Valley Park Farms, including guinea pigs, rabbits and tortoises. Adult tickets are £5 for the day or £7 for a two-day pass. Children go free.

• Visit www.visitleevalley.org.uk/whatson or phone 0300 0030 610.

'Mindfulness' sessions

Residents are being invited to try a drop-in mindfulness-based stress reduction class that begins this Friday. Mindfulness is a simple form of meditation. Participants focus attention on their breathing and observe how thoughts develop. The aim is to understand that thoughts and feelings (including negative ones) come and go, and you have a choice about whether or not to act on them. The benefits are more energy, enthusiasm and self-confidence, and a greater ability to relax and handle stress. The sessions are free, and run in partnership between Waltham Forest Carers Association, L&Q and Breathing Space. Everyone is welcome to attend, especially carers. The sessions take place at the Seddon Centre (33 Clyde Place, Beaumont Road, E10 5AS) every Friday, 2.30–4pm. You do not have to book – just turn up.

• Phone 0300 456 9998 or email communities@lqgroup.org.uk.

Sports and fitness

Football Fans in Training

Mondays from 12 September, 6.30–8.30pm

The Matchroom Stadium, Oliver Road, E10 5JY
If you're a man aged 35–65, have a waist size of 38 inches or more and want to lose weight and get fit, the new 12-week Football Fans In Training programme can help, for free! You'll be trained by club coaches, have a nosy at the trophy cabinet and talk tactics in the dressing room. The sessions will include healthy lifestyle workshops and Walking Football games. Booking is essential. **Phone 020 8556 5973 or email phillip.smith@leytonorienttrust.org.uk.**

Pilates Lengthen and Strengthen

Wednesdays and Fridays, 9.30–10.30am and Tuesdays, 6.15pm and 7.15pm
St Edmunds Church Hall, Chingford Mount Road, E4 8JL

A lovely class; friendly and relaxing, beginners welcome. Drop in fee £8, or book five classes in advance for £35 or do two classes a week for £6 per session. **Phone Samantha on 07718 889 329 or 07910 991 695, or email samcam0309@gmail.com.**

Waltham Forest Reiki

Tuesday 6 September, 7–8.45pm

Waltham Forest Community Hub, 18A Orford Road, E17 9LN
Reiki is a form of healing that works with the life force energy that flows through all living things. When one's energy is free flowing without blocks, one is in balance physically, emotionally and mentally. Have an open mind, come along and see what we can do for you. They are one-to-one walk in spots administered by qualified masters. All are welcome. **Email walthamforestreikiproject@gmail.com or phone 07940 579 055.**

Prenatal Yoga

Mondays, 6.45pm–8.15pm

Quaker Meeting House, Bush Road, E11 3AU
This on-going course is for women from 14 weeks pregnant, and covers Active Birth principles as well as integrating yoga, breathing, relaxation, positions for labour and birth and visualization. **Visit www.arlenedunkley-wood.co.uk, email info@arlenedunkley-wood.co.uk or phone 07976 903 003.**

Well Woman Yoga

Mondays, 8.15–9.30pm

29 Forest View Road, E17 4EJ
Join this lovely friendly yoga group for a new, 12-week course. Get the guidance and support you need through your personal yoga practice. Scaravelli-inspired yoga works with the breath, gravity and

the spine in a very yin and gentle way. Exploration of sun salute, pranayama, yoga nidra, mudras and meditation are all included in the practice. **Visit www.arlenedunkley-wood.co.uk, email info@arlenedunkley-wood.co.uk or phone 07976 903 003.**

Acupuncture and Medical Massage

Days and times vary

Acupuncture and Tui Na (chinese medical massage) have been used in the East for over 2,000 years to treat physical and emotional problems including back and knee pain, arthritis, headaches, insomnia, depression and anxiety, addictions, nausea and eating disorders. If you would like to find out how these therapies could help you, we are offering free consultations at our clinic in Leytonstone. Our therapists include fully-qualified members of the British Acupuncture Council. **Phone 07943 672 696 or email bushwoodacu@aol.com.**

Beginners Pilates

Mondays, 6.15pm

St Gabriel's Family Centre Small Hall, Havant Road, E17 3JF

Thursdays, 7.30pm

St Anne's Church Hall, Larkshall Road, E4 6NP

Do you want to get into exercise but don't know where to start? Do you want to build up your strength and help your body to work at its best? Come and try a beginners Pilates class which will help you to strengthen your body and increase your flexibility in a friendly, relaxed environment. **Email info@truebalance.co.uk to book your space or visit www.truebalance.co.uk.**

Women Only Zumba

Tuesdays, 7.30pm and Saturdays, 10.30am

St Andrews Church, St Andrews Road, E17 6AR

Exhilarating class with loads of fun and toning in the process. Enjoy your body changing shape whilst listening to International sounds! Special offer for newcomers, and OAPs and unemployed pay £4 a session. **Phone 07717 330 993 or email vibe.wellnesshealth@gmail.com.**

Women Only Outdoor Boot Camp

Monday, Tuesday, Thursday and Friday, 6.30am

Waltham Forest Town Hall, Forest Road, E17 4JF

Fun and exciting boot camp programme for people of mixed ability. It's basically personal training in a small group environment. Guaranteed results or your money back. **Phone 07717 330 993 or email vibe.wellnesshealth@gmail.com.**

Free Karate for all

Tuesdays and Fridays, 6–7pm

Rushcroft School, Rushcroft Road, Chingford E4 8SG

Sundays, 12–1pm

Chingford Leisure Centre, New Road, E4 9EY

Tuesdays and Thursdays, 6.15–7.15pm

The Peter May Sports Centre, 135 Wadham Road, E17 4HR

Join us for a free trial karate class at one of the three locations above. Everyone is welcome. Suitable for ages six and over. **Visit www.karate-london.co.uk or phone 01992 768 664.**

Capoeira Angola Walthamstow

Tuesdays, 7–8.30pm

Hucks, 81 Grove Road, E17 9BU

Learn this amazing Afro-Brazilian art combining martial arts, music, gymnastics and culture. A mixed class with a strong focus on the basics, we aim to develop a strong body and a musical ear. £8 per class. **Visit www.capoeiraangola.co.uk, email sj@capoeiraangola.co.uk or phone/text 07872 938 611.**

Family Friendly Karate

Saturdays, 11.30am–12.30pm

Peterhouse Centre, 122 Forest Rise, E17 3PW

Come to our new family friendly classes, which are suitable for young people aged 13 and over, and adults. **Phone/text 07956 961 563 or 07853 177 950, email info@elskarate.co.uk or visit www.elskarate.co.uk.**

E11 Yoga

Mondays, 10am

Pastures Youth Centre, 15 Davies Lane, E11 3DR

Affordable yoga at £5 per hour or eight weeks for £35. Make space for yourself and start the week by practicing yoga to move, strengthen and nourish your body, mind and soul. **Phone Jessica on 07904 517 465 or visit www.jessicagreen.net/yoga.**

E11 Hatha Yoga

Tuesdays, 7.30pm

Pastures Youth Centre, 15 Davies Lane, E11 3DR

Hatha yoga at £8 a class for an hour and half, or eight weeks for £60. Stretch, strengthen and relax into the evening in a hatha flow yoga class. Focus in your mind, comfort your body and settle your soul. **Phone Jessica on 07904 517 465 or visit www.jessicagreen.net/yoga.**

Clubs and community

Miniature Train Rides

Sundays and Bank Holiday Monday, 2–5.30pm; Wednesdays, 2–4pm

Ridgeway Park, Peel Close, off Old Church Road, E4 6XU

Enjoy steam and electric train rides every Sunday and Bank Holiday Monday until Sunday 25 September. Great fun for children and adults! Cost is £1 or £1.50, depending on track in use. Kids under three go free with an adult. **Visit www.chingford-model-engineering.com.**

Apple Day at The Mill

Saturday 24 September, 1.30–4.30pm

An afternoon of celebrating everything apple! Take a turn on the apple press, join in with apple bobbing, make an apple bird feeder, decorate your own straw head garland. Apple cakes and pastries made by the Mill Bakers. Small donation requested for juice, cakes and some activities. All proceeds to The Mill. **Email info@themill-coppermill.org or phone 020 8521 3211.**

Sociable Sewing group

Alternate Tuesdays from 6 September, 10am–1pm

7–11 Coppermill Lane, E17 7HA

A drop-in sewing session for all abilities. Beginners welcome. Bring your sewing, darning, patchwork and mending. Learn a new skill and have fun with fabrics. An experienced sewer will be on hand to give help if needed. £1 donation, plus small costs for materials. **Email info@themill-coppermill.org or phone 020 8521 3211.**

Lipreading and Managing Hearing Loss

Tuesdays from 20 September, 10am to 12noon

Winchester Road Methodist Church, Highams Park, E4 9JP

Struggle to hear? Everyone mumbling? TV always too quiet? Can't get used to wearing hearing aids? Come to our friendly lipreading and managing hearing loss classes. Beginners welcome. Good transport links and parking. £40 per term, first class free. **For more information, email franwalker53@gmail.com or text Fran on 07803 133 970.**

The Preservation of Open Spaces

Wednesday 21 September, 7.45pm

St John's Church Hall, off Leytonstone High Road, E11 1HH

Mark Gorman of the Leyton and Leytonstone Historical Society will give this illustrated presentation. Entry is free for LLHS members and £2 for visitors. **Phone Maureen Measure on 020 8558 5491 or email measure@btinternet.com.**

Central Avenue Street Party

Sunday 11 September, 2–7pm

Oasis of Love Christian Centre, 180 Grove Green Road, E11 4EN

A free, family-friendly community party. There will be food and music, fun and games and a 'swap shop' for you to swap your unwanted items. **For info, email events@oasesfoundation.org.uk.**

Culture and crafts

E17 Guitar Club

Saturdays; 12noon and 2.30pm

Hornbeam Café, 458 Hoe Street, E17 9AH
Guitar playing and performing fun for adults of all abilities. Playing groups and

beginners' courses. Bass players and percussionists welcome. Pay £62 for a half term of seven 40 minute lessons. 12noon playing group drop-in £10. **Phone Christian on 07958 471 083, email chris@e17guitar.com or visit www.e17guitar.com.**

E17 Swedish course

Mondays, 8.30pm; Wednesdays, 7.30pm

Hornbeam Café, 458 Hoe Street, E17 9AH
Learn Swedish in these beginners, intermediate and conversation courses classes. Relaxed, fun and productive for adults. Pay £195 for a term of thirteen 90 minute lessons (beginners) or £130 for thirteen 60 minute lessons in a small group. Individual lessons also available. **Phone Christian Karlsson on 07958 471 083, email chris@e17swedish.com or visit www.e17swedish.com.**

David Ingle Keyboard Concert

Wednesday 14 September, 7.15pm

Wanstead Library, Spratt Hall Road, Wanstead E11 2RQ

Come along and listen to the talented David Ingle playing a variety of music from shows, TV, old, new, and classical to Big Band, in fact a variety of music to cater for all tastes. There are refreshments and raffle in the interval; entrance cost at the door is £7 for adults and £1 for juniors under the age of 16. **Phone Derek on 020 8530 3717 or visit www.organfax.co.uk/clubs/eastlondon.html.**

Red Imp Comedy – Stow Festival

Thursday 15 September, 8.30pm

Ye Olde Rose and Crown, 53 Hoe St, E17 4AS

Star of the John Bishop show, Vikki Stone, heads a night of musical comedy with support from award-winning Christian Reilly and Duncan Oakely. Tickets cost £13. **To buy tickets, visit www.tickettext.co.uk/red-imp-comedy-club/.**

Red Imp Comedy – Andy Hamilton

Tuesday 27 September, 8.30pm

Ye Olde Rose and Crown, 53 Hoe St, E17 4AS

Star of Have I Got News, QI, News Quiz and much more, Andy makes his E17 debut warming up for his autumn tour. Entry costs £12. **To buy tickets, visit www.tickettext.co.uk/red-imp-comedy-club/.**

Sing at The WO

Every Monday, 7.30–9pm

The Warrant Officer, 318 Higham Hill Road, E17 5RG

Join our community choir. Absolutely no auditions, all abilities welcome. Raise your voice and lift your spirits as part of an adult choir where you call the tunes. First taster session is free, then £6 per session in advance or £7 pay-as-you-go. **For more information, email singattheWO@gmail.com, phone Laura on 07813 686 980 or just come along.**



Enrolling now!

**10%
discount
offer***

*10% discount for all courses
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18 September 2016.

ARE YOU LOOKING FOR WORK OR A CHANGE OF CAREER?

We offer a wide range of short courses to help you get back into employment.

These courses will give you essential skills and qualifications for work, but also look at what you have already achieved and what you would like to do in the future. You will develop the confidence to find work and make sure you know the best way to keep a job.

Courses are available throughout the year and will help you to:

- Build your CV
- Develop your communication skills
- Find out what employers are looking for
- Gain knowledge and skills for work
- Improve your confidence
- Complete application forms and covering letters
- Improve your interview techniques
- Improve your time management and team working skills.

50+ toolkit

Employers want your experience and skills but also want you to fill in online applications, complete CVs and contact them via email. We help take the frustration out of the job application process by boosting your confidence with digital skills so that you can show employers what you can really do. You can gain ICT & Employability qualifications.

Rock into work

What skills do employers look for? For many jobs teamwork, time management and communication skills are essential. Rock into Work courses help you to develop these skills and to have the confidence to demonstrate them to an employer. You will also improve your interview skills, write or update your CV and gain a clearer understanding of workplace practices and procedures. You can gain City & Guilds Customer Service & Employability qualifications.

Job club

We also run regular job clubs. No need to book, just come along to one of the sessions. These clubs offer help with CVs and interviews, as well as access to Universal Job Match and other job search websites. The clubs run all year, apart from bank holidays.

Steps into work

The Steps into Work team provides added support from experienced work coaches. Candidates need to be unemployed or economically inactive, a Waltham Forest Resident, able to provide proof of being eligible to work within the UK and 18-25 years of age and 6 months or more unemployed or 25+ years of age and 12 months or more unemployed.

Job Skills Workshop



“I have the skills and experience but I’m not getting replies to my job applications.”

“I keep going for interviews but not getting the job.”

“The job market has changed since I last worked, I’m not sure what employers want now.”

The workshops offer advice about making your application stand out, creating cover letters and writing successful CVs and applications that get you an interview. It will also give you an employer’s perspective into the process and help you present yourself effectively. You can achieve a City & Guilds qualification in Employability.

Courses starting soon – places still available To enrol on to any of these courses please visit or call any of our main centres.

**WALTHAM
FOREST
ADULT
LEARNING
SERVICE**

**Enrolling
Now**

New courses

We are adding new courses daily. To see the most up-to-date course availability please visit our website.

To enrol, drop in to or call any of our centres, or post a completed enrolment form to the Queens Road Learning Centre with a cheque made out to London Borough of Waltham Forest.

Note: All information is correct at the time of print. Sometimes course details, fees, dates or times have to change for reasons that Waltham Forest Adult Learning Service has no control over. Our staff will be able to confirm all details for you when you book your course.

Course code	Course title	Day	Start date	Time	Weeks*	Hours per week	Venue	Standard fee	Discounted fee	Materials fee	Exam fee	Jobseekers concession
Languages												
QRA8202-1T1	Creative Writing	Monday	26/09/2016	7pm	10	2.5	QR	£120	£60	FREE	FREE	FREE
QRA8201-3T1	Creative Writing	Wednesday	28/09/2016	9.30am	10	2.5	QR	£120	£60	FREE	FREE	FREE
QRA8228-3T1	Creative Writing	Wednesday	22/02/2017	9.30am	11	2.5	QR	£120	£60	FREE	FREE	FREE
Agriculture and horticulture												
QRG8034-2TA	Floral Design Level 2 Certificate	Tuesday	27/09/2016	9.30am	24	5	QR	£320	£96	£5	£65	FREE
RSG8099-2TA	Floristry L1: Popular arrangements	Tuesday	27/09/2016	6.30pm	10	3	RS	£114	£34	£5	£35	FREE
HNG8079-5TA	Food Growing Skills: Level 1 award	Friday	30/09/2016	10.30am	7	5	HN	£126	£38	£0	£35	FREE
LLG8083-2TA	Garden Maintenance Skills Level 1 Award	Tuesday	20/09/2016	9.30am	7	5	LL	£126	£38	£0	£35	FREE
LLG8093-2TA	Garden Maintenance Skills Level 2 Award	Tuesday	29/11/2016	9.30am	10	5	LL	£153	£46	£0	£46	FREE
HNG8170-4TA	Level 2 Diploma in Horticulture Skills (work-based)	Thursday	08/12/2016	10.30am	32	3.5	HN	£307	£92	£0	£46	FREE
LLG8097-6T1	Looking after your garden this winter	Saturday	05/11/2016	10am	4	3	LL	£75	£38	£0	£0	£38
LYG8098-7T1	Making and using compost in the garden	Sunday	02/10/2016	10.30am	1	5	LY	£25	£13	£0	£0	£13
LYG8095-7T1	Organic Gardening Workshop: Pest and disease management	Sunday	25/09/2016	10.30am	1	5	LY	£25	£13	£0	£0	£13
LYG8096-7T1	Organic lawn maintenance	Sunday	18/09/2016	10.30am	1	5	LY	£25	£13	£0	£0	£13
Beauty therapies												
QRH8013-3TA	Level 1 Diploma in Hairdressing	Wednesday	21/09/2016	9.30am	41	5	QR	£510	£153	£20	£30	FREE
QRH8015-2TA	Level 2 Certificate in Barbering	Tuesday	27/09/2016	9.30am	10	5	QR	£170	£51	£0	£0	FREE
QRH7987-1TA	Level 2 Diploma in Women's and Men's Hairdressing	Monday	19/09/2016	9.30am	43	5	QR	£495	£149	£20	£30	FREE
QRH8014-8TA	Level 2 Diploma in Women's Hairdressing	Thu, Fri	22/09/2016	9.30am	19	9	QR	£480	£144	£20	£30	FREE
Health, public services and care												
QRJ8147-3TA	Childcare Level 2 Certificate	Wednesday	28/09/2016	9.30am	19	4	QR	£211	£63	£0	£97	FREE
LLJ8018-3TN	Childminding Level 3 Award	Wednesday	28/09/2016	6.30pm	10	3	LL	£360	£360	£0	£35	£360
QRJ8160-3TN	Childminding Level 3 Award	Wednesday	18/01/2017	6.30pm	10	3	QR	£360	£360	£0	£35	£360
QRJ8161-3TN	Childminding Level 3 Award	Wednesday	26/04/2017	6.30pm	10	3	QR	£360	£360	£0	£35	£360
LLJ8110-1TA	Health, Social Care and Working with Children Award	Monday	24/04/2017	9.30am	9	3.5	LL	£106	£32	£0	£29	FREE
QRJ8022-2TA	Preparing to Work in Childcare level 1 Award	Tuesday	18/04/2017	9.30am	10	2.5	QR	£95	£29	£0	£29	FREE
QRJ8146-1TA	Preparing to Work in Adult Social Care	Monday	16/01/2017	9.30am	10	2.5	QR	£95	£29	£0	£28	FREE
QRJ8120-1TA	Preparing to Work in Adult Social Care	Monday	26/09/2016	9.30am	10	2.5	QR	£120	£36	£0	£28	FREE
QRJ8020-2TA	Preparing to Work in Childcare Level 1 Award	Tuesday	27/09/2016	9.30am	10	2.5	QR	£95	£29	£0	£29	FREE
LLJ8012-4TA	Preparing to work with Children Level 1 Award	Thursday	20/04/2017	9.30am	10	2.5	LL	£95	£29	£0	£29	FREE
LLJ8010-4TA	Preparing to Work with Children Award Level 1	Thursday	29/09/2016	9.30am	10	2.5	LL	£100	£30	£0	£29	FREE
LLJ8011-4TA	Preparing to Work with Children Level 1 Award	Thursday	19/01/2017	9.30am	10	2.5	LL	£95	£29	£0	£29	FREE
QRJ8021-2TA	Preparing to Work in Childcare Level 1 Award	Tuesday	17/01/2017	9.30am	10	2.5	QR	£95	£29	£0	£29	FREE
QRJ8116-1TA	Working in Health Social Care and with Children	Monday	26/09/2016	9.30am	19	4	QR	£204	£61	£0	£97	FREE
LLJ8145-1TA	Working in Health, Social Care and with Children	Monday	20/02/2017	9.30am	19	4	LL	£204	£61	£0	£97	FREE
Arts, crafts and fashion												
QRP8038-4TA	Art- Painting with Oils and Acrylics	Thursday	29/09/2016	1pm	8	3	QR	£91	£27	£5	£34	FREE
LLP8035-4TA	Cake Decorating L1 Certificate	Thursday	29/09/2016	12noon	22	3.5	LL	£179	£54	£5	£52	FREE
QRP8027-2TA	Fashion - City and Guilds L1 Certificate	Tuesday	27/09/2016	9.30am	19	5	QR	£248	£74	£5	£52	FREE
QRP8028-2TA	Fashion - Garment Making L1	Tuesday	27/09/2016	6.30pm	10	3	QR	£114	£34	£5	£40	FREE
QRP8026-1TA	Fashion - Garment Making L2	Monday	26/09/2016	6.30pm	25	3	QR	£204	£61	£5	£51	FREE
HNP8162-2TA	Horticulture Level 2: Extended Certificate	Tuesday	20/09/2016	10am	35	6	HN	£504	£151	£0	£0	FREE
QRP8040-1T1	Introduction to Upholstery	Monday	07/11/2016	6pm	4	3	QR	£75	£38	£10	£0	£38
QRP8039-4T1	Introduction to Wood Engraving	Thursday	29/09/2016	6pm	5	3	QR	£75	£38	£5	£0	£38
QRP8030-3TA	Pattern Cutting for Beginners (Bodice block)	Wednesday	28/09/2016	6pm	61	3	QR	£103	£31	£5	£40	FREE
LLP8070-3T1	Pottery - mixed levels (am)	Wednesday	28/09/2016	9.30am	10	3	LL	£144	£72	£10	£0	£72
LLP8071-3T1	Pottery - mixed levels (pm)	Wednesday	28/09/2016	2pm	10	3	LL	£144	£72	£10	£0	£72
QRP8031-2T1	Sewing Bee: Item of your choice	Tuesday	01/11/2016	3.30pm	4	2.5	QR	£75	£38	£5	£0	£38
LLP8029-6TA	Sewing Skills L1 Award	Saturday	01/10/2016	10am	10	3	LL	£114	£34	£5	£35	FREE
QRP8198-1TN	Upholstery Advanced	Monday	26/09/2016	6pm	5	3	QR	£180	£180	£0	£0	£180
QRP8032-1TA	Upholstery L1 - Upholster a drop in seat	Monday	26/09/2016	1pm	10	3	QR	£114	£34	£10	£35	FREE

Education special



Discover more at the online Children and Young People's Directory

walthamforest.childrensservicedirectory.org.uk

Helping young people succeed

Dear resident,
With a new school term now starting, I'd like to wish all students in Waltham Forest every success for the year ahead.

For many, this could be their first year in nursery, primary, secondary or college, but whatever stage they're at, we want to help ensure they find the development and education opportunities in Waltham Forest to provide the stepping stones they need in order to fulfil their potential.



Cllr Grace Williams,
Cabinet Member for Children
and Young People

This starts from birth, which is why our newly-relaunched Children and Family Centres provide vital services like support with parenting, child health and welfare, family life, community links and building life skills, to families with children aged 0-18. And, they are beginning to offer an increased range of health services for young people.

The quality of early years provision, primary and secondary schools and further education in Waltham Forest means that children are increasingly doing well at all stages of their education.

Just last month, the borough's provisional GCSE results pointed towards being the most successful recorded in Waltham Forest to date – and came only one week after students celebrated another impressive set of A-level results. All this in the same year in which, for the first time ever, we can say every Waltham Forest secondary school is rated as "good" by Ofsted.

We are proud of the progress our schools and children have made over the last few years. Our primary schools are in the top ten in the country for pupil improvement

and the attainment gaps between disadvantaged and advantaged pupils are among the lowest in England. This success is down to the strong relationships between schools, parents, children, staff, teachers and governors, supported by the Council.

We're committed to doing all we can to ensure school improvement continues, while also creating much-needed additional places at our schools for local families. In 2014 we created an extra 1,080 primary school places and the next year a further 1,290 primary places to meet the needs of our increasing population. We are also creating extra places for children at secondary schools, and in 2017 we will deliver an extra 600 secondary places.

Read on to find out about the different ways we're doing all we can to help give young people the best start in life.

Cllr Grace Williams,
Cabinet Member for Children
and Young People

Boosting children's learning

The Council's Early Years team is reminding parents that you don't need a teaching degree to help boost your child's learning.

Parents and carers are in the best position to help their child's brain grow by providing early learning experiences through play. These experiences will help a child to become confident and curious about the world in which they live. This will in turn support them in developing the foundation they will need for later on in life.

Parents and carers are advised to allow their child the opportunity to explore at their own pace and ability, and can help by including them in everyday tasks and making them fun, as well as encouraging physical play.

Physical play for young children is crucial for muscle development, strength, balance, hand-eye coordination, and understanding how to control their bodies and learn their limits. Local parks and our Children and Family centres are ideal environments for them to improve their health and wellbeing.

To support the development of a child's communication skills, parents and carers can get into the habit of talking, listening and playing together as they go about daily life. Doing this – along with using both new and familiar words – will enrich, support and extend their



Children learn through play, becoming confident and curious about the world around them

child's vocabulary, knowledge and awareness of sounds, and will aid the development of language.

They can also help a child develop social skills that will help them play, share, take turns and

make friends, just by showing an interest in their learning, communication and reactions.

This acknowledges their feelings, and helps them develop good listening skills.

Early years and choosing childcare

If you're a parent and want advice and guidance about the expectations of each age band in the Early Years Foundation Stage – which sets standards for the learning, development and care of your child from birth to five years old – and how you can support your children's learning and development, visit www.foundationyears.org.uk.

When choosing childcare and drawing up a shortlist of possible providers, parents and carers in Waltham Forest have the Children and Young Peoples Directory (CYPD) - walthamforest.childrensservicedirectory.org.uk.

From childminders and day nurseries, who provide care for children from as young as six weeks, to pre-schools and schools, who provide early learning experiences from two to five-year-olds – the CYPD enables you to find out what settings are close to you, what grading they have been given by Ofsted and further information such as open days.

You can check if your child is eligible for free early education under financial criteria by using our online eligibility checker - www.myearlylearning.co.uk.

New-look children's centres

Children's centres across Waltham Forest are offering more services than ever before as part of a major project to help give the borough's young people the best start in life.



Newly named Children and Family Centres – each one is now linked with one of four neighbourhoods – Chingford, Walthamstow, Leyton and Leytonstone – with the aim that no family is further than a 20 minute walk from their nearest centre. Local charity The Lloyd Park Centre is managing the improved new service on behalf of the Council, as part of a three year contract.

The new Children and Family Centre model, which is a partnership across health, Early Help and early education services for families with children aged 0-18, and up to 25 for families with a disabled child, has retained services for under 5s, such as play and health sessions. Early Help services are available for families who need

additional support with parenting, child health and welfare, family life, and building life skills, which will include access to Jobcentre Plus and adult education opportunities.

Early education play sessions are being enhanced so parents can make clear links between activities their children have taken part in and their progress towards 'school readiness'.

Children and Family Centres will have a new emphasis on health and wellbeing, and residents can expect to see a broader range of activities starting up over the next year, including infant feeding cafes, baby massage, healthy eating and fussy eating workshops and support for parents on topics like sleep.

School place offers



A Council-funded £25million project to create 300 more places at a new site for Willowfield Humanities College was completed last year

The Council has spent in excess of £100million providing new places to meet demand since 2008, and already has plans in place to continue creating more places in the coming years.

Efforts to date have enabled the Council to give thousands of parents good news on primary and secondary school place offer days this year, as they discovered whether their child made it into one of their preferred schools.

In April this year, 85 per cent of families in Waltham Forest who applied on time received an offer of a place at their top choice primary school. This followed news in March that the Council offered more than 81 per cent of young people a place at their preferred secondary school – the highest rate in the capital.

Data released by the Pan-London Admissions Board showing on-time applications as at National Offer Day, also placed Waltham Forest top in London for offering children a place at one of their six preferred secondaries, with nearly 98 per cent securing a place at one of their chosen schools. In the same category at primary school level, 97 per cent of children were given a place at one of their six preferred schools.

As well as continuing to support expansion projects at Council-maintained schools, the Council has worked collaboratively with successful academies to expand their provision.

In 2015 and 2016 alone, 1,320 additional places have been created in Waltham Forest's primary schools – with a further 630 due in 2017. Next year will also see the creation of an extra 600 places in the borough's secondary schools to help meet demand.



Willowfield's new building opened last year



Council committed to providing places for all our children

Reception applications open for September 2017

If your child was born between 1 September 2012 and 31 August 2013 they are due to start in the Reception class at a primary school from September 2017 – and applications are now open.

You must apply for a Reception place for your child even if they attend a pre-school, nursery or have an older brother or sister at your preferred school. If your child

currently attends a nursery attached to a school this does not give them any priority for a place in Reception at that school.

If your child is currently in Year 2 at Chapel End Infant School or St Joseph's Infant School and lives in Waltham Forest, they will need to apply for a transfer to junior school.

The eAdmissions website for online applications opened on

1 September and the closing date for applications is 15 January 2017. You can download a guide explaining how to apply for your child's school place online, where you can also find information about all schools in Waltham Forest, and advice to help you complete your online application on the eAdmissions website.

Visit www.eadmissions.org.uk.



Holiday activities aplenty

Every year we organise hundreds of exciting and engaging activities and events during school holidays, including free Council-funded activities for 11 to 19-year-olds (25 for young people with SEND), family sessions for five to 11-year-olds – and Play Bus in the Parks.



There is also a wide range of programmes run by private, voluntary and independent providers taking place across the borough during the holidays. Find out all about what's going on, and more, by visiting thehub.walthamforest.gov.uk.



Our holiday activity programme offers something for everyone



The Local Offer is Waltham Forest's complete guide to all services available for children and young people with special educational needs and disabilities (SEND), and their parents/carers.

The education section on the Local Offer website is the key resource for families, schools, early years settings and further education colleges to support inclusion and enable children and young people with learning difficulties throughout the borough to achieve their education goals. The Council hopes users find the website to be a dynamic resource for families and providers alike, which is engaging and a real asset to families with children with SEND.

It has been produced with parents and carers of children and young people with SEND and education professionals alike to ensure key topics are covered such as education, health and care plan pathways and SEND transport options. There is also a range of useful tools to help users find exactly what they need including video content, interactive wiki websites and a dedicated speech tool which can read information aloud without the need for additional software.

The website also works on tablets and smart phones – check it out at www.walthamforest.gov.uk/localoffer.

School dinners go down a treat with Gold award

School meals in Waltham Forest are officially better than ever after being given the top seal of approval by the Soil Association – the UK's leading membership charity campaigning for healthy, humane and sustainable food, farming and land use.

For the first time ever, the Council's catering team has been awarded the Gold 'Food for Life' catering mark by the Soil Association for its primary school meal menu – the highest accreditation possible. Meanwhile, the team's secondary school meal menu has been awarded a highly impressive Silver.

The accreditations represent a guarantee for customers that the Council's catering team provides fresh food which is free from undesirable additives and better for animal welfare.

Food served includes organic, ethical and environmentally-friendly food that is locally sourced, and the catering team's menus all boast healthy food that tastes great.

Our food is:

- Seasonal – All menus make good use of fresh, seasonal ingredients
- Sustainable – We never use fish from the Marine Conservation Society's 'fish to avoid' list and are Marine Stewardship Council accredited
- Meeting animal welfare standards – We serve organic free range eggs, farm-assured or organic meat (we have helped to drive the search for organic Halal meat) and where possible we serve free range chicken
- Free from controversial additives – Our food does not contain undesirable additives, artificial sweeteners, colours, or trans fats
- Traceable – Our meat is traceable back to the farm and from meat-producing farms certified to UK legal welfare standards
- Produced from basic raw ingredients in at least 90 per cent of cases – Exceeding standard requirements
- Local – We purchase local food wherever possible.



The Council's catering team creates fantastic, healthy meals for children



Explore the great outdoors

The heart of Epping Forest is home to Suntrap Forest Education Centre – Waltham Forest's environmental education centre, which boasts seven acres of grounds, including an adventure playground with zip wire, ponds and a campsite.



It provides outdoor environmental educational activities for schools and other groups. These activities support classroom-based learning through practical, real-world experiences.

You can discover Suntrap for yourself at its next **Open Day on 8 October from 1-5pm**. Entry is free, with a £3 charge for parking – or there's a free shuttle bus to and from Chingford Station.

The open day provides a chance to meet animals, pond dip, peer down microscopes, have a go on the low ropes course, enjoy some craft activities, stroll through the forest on a guided walk and discover Suntrap's exhibitions. For more information, visit suntrapcentre.weebly.com

Hitting the right notes



Waltham Forest Music Service offers a wide variety of opportunities for young people to pick up and play a musical instrument – whether they're just starting out or looking to hone their skills.

The service runs a Music School at the end of the normal school day, selected free foundation group classes, instrumental and vocal tuition and instrument hire at an affordable price.

Over the past 12 months, young musicians have taken part in performances at top London venues, including the Barbican, Cadogan Hall, the Royal Festival Hall and Trafalgar Square – as well as at our very own Walthamstow Assembly Hall for the borough's annual two-day music festival.

Looking forward to 2016-17 academic year, the Music Service plans to work on projects with Barbican Creative Learning, Conductive Music, London Chamber Orchestra, London Symphony Orchestra, London Sinfonietta, Oompah Brass and the Royal Opera House, to name just a few.

For more information, visit www.walthamforest.gov.uk/music-service

Support a local school – become a Governor

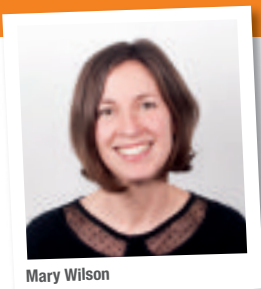
Skilled professionals across Waltham Forest are being encouraged to volunteer as a school Governor in the borough.

The Council is inviting residents and professionals within the borough to volunteer as they bring a wealth of experience from the world of business to support the strategic management and planning of a local school.

Governors are volunteers that utilise their professional skills and knowledge to support the various strategic aspects of managing a school, such as managing financial performance, challenging educational performance and ensuring clarity in the strategic direction of the school, its vision and ethos.

Meetings can be held in the day or evening, so other full time commitments do not exclude you from this opportunity. Governors are recruited based on their skills and knowledge and don't have to be parents. All Governors are required to undergo an enhanced DBS check.

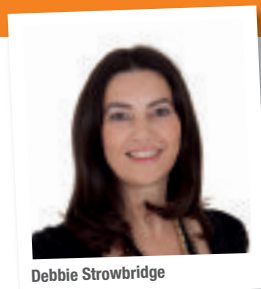
If you're interested in finding out more, visit www.walthamforest.gov.uk/content/school-governors.



Mary Wilson

Mary Wilson, Chair of Governors at Handsworth Primary School and a National Leader of Governance supporting other governors:

"Being a Governor is a very rewarding experience. In my role I am part of a team, which includes other Governors, the Headteacher and senior leaders. All of us are committed to the same goal – to ensure the children at Handsworth have the most positive school experiences possible whilst receiving the best available education. The team is full of talented and skilled individuals who are dedicated to helping strengthen our vibrant, Highams Park community. Working within this group has helped me develop my own skills and has inspired me to become a National Leader of Governance (NLG). As an NLG I am able to share my experience, and the best practice we apply at Handsworth, with other schools in Waltham Forest."



Debbie Strowbridge

Debbie Strowbridge, Chair of Governors at George Tomlinson Primary School and a National Leader of Governance supporting other governors:

"When first appointed as a parent Governor, I hoped to make a useful contribution to improving outcomes for all children in the school. I always had a very strong interest in education through my own children, but there was much for me to learn – an overview of the school's strengths and areas for improvement, budgeting, safeguarding, and equality of opportunity. I also found much of interest in how the curriculum was structured and taught in each year group. Since being elected Chair of Governors, I've been able to use my knowledge to help support our headteacher in specific areas, including staff appointments, negotiations with unions, relationships with parents and other stakeholders. The satisfaction of being able to make a significant difference to children's development and outcomes far exceeds the occasional frustration or disappointment. I'm keen to encourage new candidates, and hope they may gain as much as I have from the unique opportunities offered by school governorship."



Courses starting soon – places still available To enrol on to any of these courses please visit or call any of our main centres.

Course code	Course title	Day	Start date	Time	Weeks*	Hours per week	Venue	Standard fee	Discounted fee	Materials fee	Exam fee	Jobseekers concession
Fitness and leisure												
LLS8073-6T2	Pilates- all abilities	Saturday	01/10/2016	10am	3	1.5	LL	£10	£10	£0	£0	£10
LLS8074-6T2	Pilates- all abilities	Saturday	05/11/2016	10am	5	1.5	LL	£10	£10	£0	£0	£10
LLS8076-6T2	Pilates- all abilities	Saturday	21/01/2017	10am	3	1.5	LL	£10	£10	£0	£0	£10
LLS8075-6T2	Pilates- all abilities	Saturday	25/02/2017	10am	5	1.5	LL	£10	£10	£0	£0	£10
LLS8078-6T2	Pilates- all abilities	Saturday	22/04/2017	10am	5	1.5	LL	£10	£10	£0	£0	£10
LLS8077-6T2	Pilates- all abilities	Saturday	10/06/2017	10am	3	1.5	LL	£10	£10	£0	£0	£10
LLS8080-1T2	Yoga for all abilities	Monday	26/09/2016	10am	3	1.5	LL	£10	£10	£0	£0	£10
LLS8081-4T2	Yoga for all abilities	Thursday	29/09/2016	7pm	3	1.5	LL	£10	£10	£0	£0	£10
LLS8087-1T2	Yoga for all abilities	Monday	31/10/2016	10am	5	1.5	LL	£10	£10	£0	£0	£10
LLS8088-4T2	Yoga for all abilities	Thursday	03/11/2016	7pm	5	1.5	LL	£10	£10	£0	£0	£10
LLS8082-1T2	Yoga for all abilities	Monday	16/01/2017	10am	3	1.5	LL	£10	£10	£0	£0	£10
LLS8084-4T2	Yoga for all abilities	Thursday	19/01/2017	7pm	3	1.5	LL	£10	£10	£0	£0	£10
LLS8089-1T2	Yoga for all abilities	Monday	20/02/2017	10am	5	1.5	LL	£10	£10	£0	£0	£10
LLS8090-4T2	Yoga for all abilities	Thursday	23/02/2017	7pm	5	1.5	LL	£10	£10	£0	£0	£10
LLS8091-1T2	Yoga for all abilities	Monday	17/04/2017	10am	5	1.5	LL	£10	£10	£0	£0	£10
LLS8092-4T2	Yoga for all abilities	Thursday	20/04/2017	7pm	5	1.5	LL	£10	£10	£0	£0	£10
LLS8085-1T2	Yoga for all abilities	Monday	05/06/2017	10am	3	1.5	LL	£10	£10	£0	£0	£10
LLS8086-4T2	Yoga for all abilities	Thursday	08/06/2017	7pm	3	1.5	LL	£10	£10	£0	£0	£10
Business and finance												
LLV8206-8TA	AAT Access to Accounts Level 1 Award	Tuesday	20/09/2016	9.30am	4	5	LL	£95	£29	£40	£29	FREE
LLV8237-8TA	AAT Access to Accounts Level 1 Award	Tuesday	01/11/2016	9.30am	4	5	LL	£95	£29	£40	£29	FREE
LLV8238-8TA	AAT Access to Accounts Level 1 Award	Tuesday	10/01/2017	9.30am	4	5	LL	£95	£29	£40	£29	FREE
LLV8239-8TA	AAT Access to Accounts Level 1 Award	Tuesday	21/02/2017	9.30am	4	5	LL	£95	£29	£40	£29	FREE
LLV8240-8TA	AAT Access to Accounts Level 1 Award	Tuesday	25/04/2017	9.30am	4	5	LL	£95	£29	£40	£29	FREE
LLV8241-8TA	AAT Access to Accounts Level 1 Award	Tuesday	12/06/2017	9.30am	4	5	LL	£95	£29	£40	£29	FREE
QRV8256-4TA	AAT Book-keeping Level 1 Award	Thursday	22/09/2016	6.30pm	19	3	QR	£153	£46	£40	£58	FREE
LLV8208-8TA	AAT Book-keeping Level 1 Award	Friday	30/09/2016	9.30am	10	4.5	LL	£153	£46	£40	£58	FREE
LLV8255-8TA	AAT Book-keeping Level 1 Award	Friday	20/01/2017	9.30am	10	4.5	LL	£153	£46	£40	£58	FREE
QRV8257-4TA	AAT Book-keeping Level 1 Award	Thursday	23/02/2017	9.30am	17	3	QR	£153	£46	£40	£58	FREE
QRV8247-1TA	AAT Computerised Accounts (Sage) Level 1 Award	Monday	26/09/2016	7pm	10	2.5	QR	£95	£29	£40	£58	FREE
QRV8284-5TA	AAT Computerised Accounts (Sage) Level 1 Award	Friday	30/09/2016	1pm	10	2.5	QR	£95	£29	£40	£58	FREE
QRV8248-1TA	AAT Computerised Accounts (Sage) Level 1 Award	Monday	16/01/2017	7pm	10	2.5	QR	£95	£29	£40	£58	FREE
QRV8285-5TA	AAT Computerised Accounts (Sage) Level 1 Award	Friday	20/01/2017	1pm	10	2.5	QR	£95	£29	£40	£58	FREE
LLV8205-8TA	AAT Foundation Certificate in Accounting Level 2	Thu, Sat	22/09/2016	6pm, 9.30am	23	8	LL	£422	£126	£129	£185	FREE
LLV8207-8TA	Starting Your Own Business - Level 1 Award	Saturday	01/10/2016	9.30am	3	5	LL	£80	£24	£0	£30	FREE
LLV8243-8TA	Starting Your Own Business - Level 1 Award	Saturday	21/01/2017	9.30am	3	5	LL	£80	£24	£0	£30	FREE
LLV8244-8TA	Starting Your Own Business - Level 1 Award	Saturday	22/04/2017	9.30am	3	5	LL	£80	£24	£0	£30	FREE
Teacher training												
QRX8019-1T	Teaching Assistant Level 3 Certificate	Monday	26/09/2016	6pm	19	3	QR	£2,000	£2,000	£0	£0	£2,000
QRX8005-5TA	Teaching Assistant Level 2	Friday	24/02/2017	9.30am	18	4	QR	£211	£63	£0	£97	FREE
QRX8003-5TA	Teaching Assistant Level 2	Friday	30/09/2016	9.30am	19	4	QR	£211	£63	£0	£97	FREE
LLX8007-6TA	Teaching Assistant Level 2	Saturday	01/10/2016	9.30am	31	3	LL	£248	£74	£0	£97	FREE
QRX8002-2TA	Teaching Assistant Level 2	Tuesday	17/01/2017	9.30am	23	4	QR	£264	£79	£0	£97	FREE



Main centres

LL
Leytonstone Learning Link,
23–25 North Birkbeck Rd,
Leytonstone, E11 4JF
Tel: 020 8496 1061

QR
Queens Road Learning Centre,
97 Queens Road,
Walthamstow, E17 8QR
Tel: 020 8496 2974

Community venues

HH
Harmony Hall,
Truro Road,
Walthamstow,
E17 7BY

HN
Hawkwood Plant Nursery
115 Hawkwood Crescent,
Chingford, E4 7UH

LN
Leyton Neighbourhood Learning Centre
3 The Square, High Road
Leyton, Leyton, E10 5NR
Tel: 020 8496 1131

LY
Lloyd Park Community Bowls Pavilion
Lloyd Park, Forest Road,
E17 5EH

RS
Rush Croft Foundation,
57 Rushcroft Road,
E4 8SG

Want to know more about any of our courses?

Come along to one of our information and assessment sessions and speak to our knowledgeable and friendly team about all of our courses and how they can help you achieve you ambitions. This is an opportunity for you to be assessed and interviewed for enrolment on to our courses if this is needed.

Please see over the page for dates and times of our next information sessions.



**10%
discount
offer***

*10% discount for all courses
booked and paid for by Sunday
18 September 2016.

How to enrol

- The best way is to come to one of our information, advice and enrolment sessions and speak to the tutor.
- Some courses can be booked online at www.lbwfadullearning.co.uk/coursefinder
- Visit one of our learning centres and speak to our frontline team.
- **Call 020 8496 2974** and book over the phone with a valid debit or credit card.
- Post a completed enrolment form and a cheque to the Queens Road Learning Centre. You can download an enrolment form from our website.



The course information sheet for each course will tell you if you need to be assessed or interviewed before enrolling on a course.

You can find the course information sheet on our online course search or by visiting one of our centres.

INFORMATION, ADVICE AND ENROLMENT SESSIONS

Waltham Forest Adult Learning Service staff are trained to give you free information and advice about the best courses for you to achieve your learning objectives, whether that is to get a job, a promotion or a new life improving skill. If you are thinking of studying at Waltham Forest Adult Learning Service and you want advice you can attend one of our regular information, advice and enrolment sessions.

QUEENS ROAD LEARNING CENTRE
Wednesday 7 September 2016,
10am – 4pm
Wednesday 14 September 2016,
6pm – 8.30pm

AAT ACCOUNTING

AAT accounting courses are widely recognised and are a key route for career progression in the finance sector. Our courses provide an incredible opportunity for anybody who wants to learn new skills to gain a promotion or retrain for a new career. The programme enables you to learn new industry standard skills and provide an ideal route to access higher professional qualifications.

To enrol onto an AAT accounting course you will need to attend an assessment. For information and assessments for AAT accounting please call 020 8496 2974.

ENGLISH AND MATHS COURSES

English and maths courses start throughout the year. Before you enrol we need to assess your level of English or maths so we can tell you which course is best for you. Assessments will take at least one hour. Please do not bring young children with you as they may get bored and distract you or other learners. The next assessments will take place:

QUEENS ROAD LEARNING CENTRE
Saturday 17 September 2016,
9am – 12.30pm
Friday 21 October 2016,
10am – 12noon

Please note: The information sessions are not for ESOL courses. Please call 020 8496 2974 or visit any of our centres for an appointment for ESOL assessments.

Waltham Forest Adult Learning Service centre addresses

Queens Road Learning Centre
97 Queens Road,
Walthamstow E17 8QR

Leytonstone Learning Link
23–25 North Birkbeck Road,
Leytonstone E11 4JF

Leyton Neighbourhood Learning Centre
3 The Square, High Road Leyton
Leyton, E10 5NR

Funded by



**Skills Funding
Agency**



**European Union
European Social Fund**
Investing in jobs and skills

Phone: 020 8496 2974
Email: adult.learning@walthamforest.gov.uk
www.facebook.com/lbwfadullearning
www.lbwfadullearning.co.uk



Waltham Forest

Highams Park Live

Thursday 8 September, 7–11pm

Upstairs at The County Arms, 420 Hale End Road, Highams Park, E4 9PB
Highams Park Live presents an acoustic evening of live music, poetry and live literature with an eclectic programme of songwriters, poets and storytellers. Performers are booked in advance – please email info@highamparklive.co.uk. The event is free and if you want to be part of the audience then please come along on and be inspired by the creative atmosphere! **For more information, visit www.highamparklive.co.uk.**

Woodhouse Players – ‘Up ‘n’ Under’

Friday 9 September, 8pm and Saturday 10 September, 2.30pm and 8pm

Welsh Church Hall, 881 High Road Leytonstone, E11 1HR
Up ‘n’ Under follows an inept pub team who play in a seven-a-side league in Hull. Ex-pro Arthur’s only passions in life are his wife and rugby league. The 2.30pm performance will be BSL signed. The performance includes mild sexual references and bad language. Tickets £8 or £5 for concessions, if booked in advance, or £9/£6 at the door. **To book, visit www.woodhouseplayers.co.uk, phone 020 8504 3872 or email tickets@woodhouseplayers.co.uk.**

I Will Tell International Film Festival

Until Friday 9 September

Empire Cinema, 267 High Street, E17 7FD
The I Will Tell International Film Festival comes to Walthamstow for 11 nights of award-winning films and inspirational post-screening discussions celebrating the heroes of the black community and other under-represented groups around the world. A pre-festival fun chess event for the community takes place in Walthamstow Scene on Saturday 27 August for the Opening Gala screening of Life of a King with Cuba Gooding Jr. **Full details can be found at www.iwilltell.com.**

E17 Turkish course

Tuesdays and Wednesdays, 7.30pm and Sundays, 4pm

Hornbeam Café, 458 Hoe Street, E17 9AH
I am a Turkish language teacher and graduated in Turkish language and literature from the University of Kocaeli. I worked at several high schools and secondary schools as a Turkish teacher for five years. If you are interested in Turkish, do not hesitate to contact me. **For more information, email Ahmet Samet saturksa@gmail.com.**

Music Tuition

Flexible dates and times available

Learn to play piano, guitar, drums, saxophone or clarinet from the comfort of your own home. Available to both children and adults. Covers all levels from complete beginner to advanced. Styles include classical, jazz, Spanish and world music. Exam preparation included with a current 100% pass rate. £30 per hour, £10 discount on the first lesson. A discount is

also available on multiple lesson purchases. Fully qualified and CRB certified. **Phone Paul on 07515156331 or email paul.mountford@hotmail.co.uk.**

E17 Designers’ Shop

Wednesday to Sunday, 10am – 5pm

Vestry House Museum, Vestry Road, E17 9NH
E17 Designers’ concession at Vestry House Museum. Jewellery, prints and accessories for sale, by designer-makers, support your local museum at the same time! **Visit www.e17designers.co.uk.**

E17 Designers’ Market

Saturday 24 September, 12–5pm

Mirth, Marvel and Maud, 186 Hoe Street, E17 4QH
Our first Autumn Market of 2016. Mirth (aka the old EMD/Granda cinema) is taken over by E17 Designers’ with fashion, art, gifts and cake! **For more information, visit www.e17designers.co.uk.**

Music lessons and recording studio

East London Mini Music Studio, near Queen’s Road, E11 1BB
Budget recording/practice/teaching space run by composer, recording artist and session player: Sam Thomas. Sam offers guitar and drum lessons for all ages as well as renting out his well-equipped garden studio for recording and production purposes. Lessons are £15 for 30 minutes or £25 per hour. Recording sessions are £15 per hour. Sam can be as involved in the recording process as desired. **Search ‘East London Mini Music Studio’ on www.facebook.com, phone 07972 543 748 or email sam@samthomasmusic.com.**

Leyton&Stone Market

Sunday 11 September, 12–5pm

The Northcote, 110 Grove Green Road, E11 4EL
Lively Sunday market with local designer/makers selling unique handmade goods including original art prints, preserves, organic lip balms and toiletries, ceramics, clothing, bags, jewellery and more. Leyton and Leytonstone Historical Society will be there with fascinating local history info. Child and dog friendly venue with fresh woodfired pizza on sale, free entry, all welcome. **Visit www.leytonandstonedesigners.co.uk, or email admin@leytonandstonedesigners.co.uk.**

Children and young people

E17 Junior Guitar Club

Saturdays, different levels and times

Hornbeam Café, 458 Hoe Street, E17 9AH
Guitar playing fun and performing for children of all abilities, age 8 and over. Pay £62 for a half term of seven 30 minute lessons. Different levels and times. Also weekday individual lessons after school near Wood Street. **Phone Christian**

Karlsson on 07958 471 083, email chris@e17guitar.com or visit www.e17guitar.com.

Arabic through play

Dates and times, TBC

The Seddon Centre, Clyde Place, E10 5AS
Come and learn Arabic with your little ones in fun, lively and safe classes taught by a native, experienced teacher. Learn through play, games, songs and practice. Suitable only for families with children aged 10 and under. Try it this summer; five sessions of 90 minutes will cost £70 for up to one adult and two children. **For more information, phone Abdelkader on 07737 483 621, or email clubarabic@hotmail.com.**

Kids’ Halloween Disco

Thursday 27 October, 3–5.30pm and 6.30–9pm

Chingford Assembly Hall, The Green, Station Road, E4 7EN
Join us for children’s entertainer Sally Squiggle, fancy dress, musical games and more. Due to popular demand there will be two discos this year. Primarily for children aged four to 11. Entry costs £6 for children and £4.50 for adults. All children must be accompanied by an adult. There will also be stalls selling refreshments, face painting, lucky dips, kid’s tombola, sand art and much more. Please book early to avoid disappointment. **To buy tickets, or book a stall, phone 020 8559 4500, email irenebull@hotmail.co.uk or visit www.chingfordvillagefestival.info.**

Karate Kids

Saturdays, 10.30–11.30am

Peterhouse Centre, 122 Forest Rise, E17 3PW
Come to our new classes for children aged seven and over. **Phone/text 07956 961 563 or 07853 177 950, email info@elskarate.co.uk or visit www.elskarate.co.uk.**

Acting Bugs

Mondays, 1.50–3.30pm

St John’s Church Hall, Church Lane, E11 1HH
Fridays, 9.15am–12noon
The Peterhouse Centre, 122 Forest Rise, E17 3PW
Interactive drama groups for children with local TV actress and mum, Sam Seager, introducing preschool children and toddlers to drama in a fun and playful way. The sessions will get your little ones imagination buzzing, help develop focus and build confidence in a friendly and safe environment. Parents stay with their children throughout the session. Numbers strictly limited, so please book your free taster session. **Email info@actingbugs.co.uk or visit www.actingbugs.co.uk.**

E11 Kids’ Yoga

Tuesdays, 4pm

Pastures Youth Centre, 15 Davies Lane, E11 3DR
After school yoga for kids aged six and over. £5 for 1 hour, or eight weeks for £35. A playful, light-hearted yoga session

using our bodies and breath to practice mindfulness, increase confidence and relaxation. **For information, phone Jessica on 07904 517 465 or visit www.jessicagreen.net/yoga.**

Community Ward Forums

Forest

Wednesday 7 September, 7–9pm

Leytonstone School, 159 Colworth Road, E11 1JD

Larkswood and Valley

Monday 12 September, 7–9pm

South Chingford Community Library, 265 Chingford Mount Road, E4 8LP

Hale End and Highams Park

Monday 12 September, 6.30–9pm

Thorpe Hall Primary School, 123 Hale End Road, Walthamstow, E17 4DP

Leyton

Thursday 15 September, 7–8.45pm

SCORE Centre, 100 Oliver Road, E10 5JY

Chapel End

Monday 19 September, 7–9pm

Chapel End Infant School, 3 Beresford Road, E17 4LN

Higham Hill

Tuesday 20 September, 7–9pm

Higham Hill Hub, Higham Hill Park, Hecham Close, E17 5QT

William Morris

Wednesday 21 September, 7–8.30pm

William Morris Community Centre, 6–8 Greenleaf Road, E17 6QQ

Cann Hall

Saturday 24 September, 2–4pm

Cann Hall Methodist Church, 296 Cann Hall Road, E11 3NL

Council Meetings

Tuesday 6 September

Cabinet, 2pm

Planning Committee, 7pm

Wednesday 7 September

Communities Scrutiny Committee

Monday 12 September

Staffing Committee

Tuesday 13 September

Waltham Forest Safer Neighbourhoods Board, 7pm

Wednesday 14 September

Growth Scrutiny Committee

Thursday 15 September

Health and Wellbeing Board, 12noon

All meetings are held at Waltham Forest Town Hall and start at 7.30pm, unless stated otherwise. Dates and times are subject to change.

More information on all Council meetings, including agendas and minutes, is available at www.walthamforest.gov.uk/councilmeetings.

Tell us what’s on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

The deadline for Monday 26 September edition is **Friday 9 September**

Inclusion cannot be guaranteed, due to the high volume of requests received.

Please send your listing in the body of an email, formatted as shown on these pages. Events received in other formats will not be used.

Please keep to a maximum of 90 words.

Here's what apprentices say about studying with us:

"Waltham Forest Adult Learning Service apprenticeship has helped me in so many different ways, developing my confidence and belief in myself. My Placement Officer, tutors and the Manager were always by my side and helped me every step of the way!" **Zainab Bibi** Edinburgh School Apprentice

"I can say that without the support from the Waltham Forest Adult Learning Service I wouldn't be where I am now." **Benny K**, Customer Service Apprentice, Passion Catering

"This apprenticeship has given me work experience that I can take into the future and has opened up opportunities for me. It has taught me to be professional in the work place and enabled me to grow as I was still in a student mind set." **Carl Hainsby** LBWF Apprentice

APPRENTICESHIPS FOR 16-24 YEAR OLDS



Getting a job is a competitive business in this current climate. Employers look for work-ready people who commit to learning new skills and want to succeed. Our Apprenticeships will give you the skills, experience and qualifications that you need to get on in life and start your career.

We offer a range of exciting apprenticeship programmes, to apply you need to be 16-24, highly motivated, work ready and have good English and maths. We offer apprenticeships with highly respected, successful private and public sector employers. Apprenticeships offer employment, a salary and a mix of on and off the job training to gain level two or level three qualifications to achieve the apprenticeship framework.

Achieving an apprenticeship framework typically takes between 12 and 18 months.

We offer level two and level three Apprenticeships in the following sectors:

- accountancy
- business administration
- childcare
- customer service
- ICT
- teaching assistants

New from September 2016

We will be recruiting for the brand new Apprenticeship standards specifically for apprentices working in public sector roles called Operational Delivery Officer level 3. **Contact us to find out more...**

Earn up to £220 per week as an apprentice

We offer high quality personalised vocational training

Trust us to help you get the right Apprenticeship job

HOW TO APPLY FOR OUR APPRENTICESHIP OPPORTUNITIES

You can find out about all the Apprenticeship programmes by coming to our weekly Drop In every Wednesday afternoon 2pm – 4pm for an informal chat with the Apprenticeship team

You can also contact the Apprenticeship team:

Harpal Rull on 020 8496 2029 or email: harpal.rull@walthamforest.gov.uk or
Andrea Creary on 020 8496 2981 or email: andrea.creary@walthamforest.gov.uk.

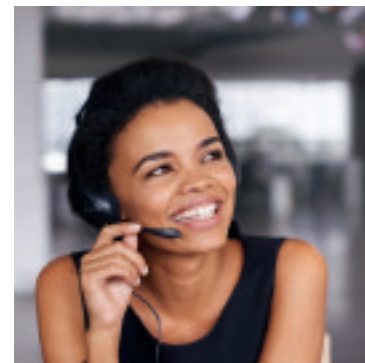
Join one of our induction sessions:

Leyton Neighbourhood Learning Centre, 3 The Square, High Road Leyton, Leyton, E10 5NR (opposite Pizza Hut, Leyton Mills Retail Park), nearest tube stop Leyton

Tuesday 30 August 2016, 10am – 12.30pm	Wednesday 15 February 2017, 2pm – 4.30pm
Tuesday 13 September 2016, 2pm – 4.30pm	Tuesday 28 February 2017, 10am – 12.30pm
Tuesday 27 September 2016, 10am – 12.30pm	Wednesday 12 April 2017, 2pm – 4.30pm
Tuesday 11 October 2016, 2pm – 4.30pm	Wednesday 19 April 2017, 6pm – 8pm
Tuesday 25 October 2016, 10am – 12.30pm	Tuesday 09 May 2017, 2pm – 4.30pm
Tuesday 08 November 2016, 2pm – 4.30pm	Tuesday 23 May 2017, 10am – 12.30pm
Tuesday 22 November 2016, 10am – 12.30pm	Wednesday 31 May 2017, 2pm – 4.30pm
Tuesday 06 December 2016, 2pm – 4.30pm	Tuesday 13 June 2017, 10am – 12.30pm
Wednesday 11 January 2017, 6pm – 8pm	Tuesday 27 June 2017, 2pm – 4.30pm
Tuesday 24 January 2017, 2pm – 4.30pm	Tuesday 11 July 2017, 10am – 12.30pm
Tuesday 07 February 2017, 10am – 12.30pm	Tuesday 25 July 2017, 2pm – 4.30pm

Queens Road Learning Centre, 97 Queens Road, Walthamstow E17 8QR

Wednesday 07 September 2016, 10am – 12.30pm and 1pm – 3pm	Friday 21 April 2017, 10am – 12.30pm
Wednesday 14 September 2016, 6pm – 8.30pm	Thursday 09 November 2017, 10am – 12.30pm



Funded by



020 8496 2974

www.facebook.com/lbwfadultlearning
www.lbwfadultlearning.co.uk



The road to sporting success

Waltham Forest's star athletes take centre stage at Rio 2016 Olympic Games and beyond

Over the summer thousands of us enjoyed the spectacle of the 2016 Rio Olympic Games; staying up until the early hours to catch the action and celebrating Team GB's successes.

And while hundreds of the borough's younger residents have been dreaming of future sporting success ever since, several local sportspeople's dreams have already come true.

Walthamstow Warrior

Born and raised in Walthamstow, Lutalo Muhammad's sporting dreams began at an early age, after he took up taekwondo at the tender age of three and attained a black belt aged nine.

Following his bronze medal success in his first Olympics at London 2012, Lutalo won the silver medal for men's 80kg taekwondo at the Rio 2016 Games, after the Ivory Coast's Cheick Sallah Junior Cisse landed an agonisingly late head kick to steal gold.

Lutalo told Waltham Forest News: "To take bronze at London 2012 Games – in my home city – was a fantastic experience. To go one better at Rio was amazing, and I'm now focusing on Tokyo 2020 and hopefully getting that gold medal. It was my plan all along, really; bronze in London, silver in Rio, gold in Tokyo!

Having dedicated the last four years to reaching Rio, Lutalo is now enjoying some well-earned time off with his family, saying: "The GB taekwondo team is based in Manchester, but because I've come to the end of the Olympic cycle, I now have the chance to spend some time with my family and be in Walthamstow. And I can eat some ice cream for once, too! Lutalo joked: "Life hasn't really got back to normal yet, but it has been amazing to meet so many people from my home town who want to congratulate me and have a photo. It's very humbling and I don't think I'll ever get tired of it!"

Reece Prescod

Thanks to a sports bursary scheme funded by Waltham Forest Council, one young Walthamstow sprinter is setting his sights on qualifying for the IAAF World Championships 2017.

Twenty-year-old Reece Prescod first received funding from Waltham Forest in 2012, thanks to a deal between the Council and the Australian Olympic Committee, funding 10 sports bursaries to the tune of £30,000. The bursary gave young athletes access to top coaches from the University of East London to help them reach their full potential. While the scheme came to an end last year, the Council is hoping to further support Reece and other young athletes competing at an international level.

Over the last four years Reece has gone from strength to strength. In June this year, he competed in his first British Championship at a senior level and came away with a 200m bronze medal. This was swiftly followed by a first place finish at the England Athletics Senior Championships in July and his inaugural outing in the Diamond League in Switzerland in August, which saw him finish fifth in a world-class field.

Reece said: "When I began the bursary, I was running 200m in around 22.9 seconds. At the Diamond League I ran a new personal best of 20.38. I knew I was good at athletics, but I didn't know I would ever be this good!"

"Competing against athletes who have been at the top of their profession for years was an amazing experience, but another reminder why I need to keep working hard and get even faster!"

"The Sports Bursary has been brilliant, and without it I would not have had access to some amazing facilities and coaches. I feel very fortunate, and this is going to be a massive year for me."

An Olympic debut

Ex-Waltham Forest student, Chijindu 'CJ' Ujah, made his Olympic debut in Rio competing for Great Britain in the men's 100m semi-finals and as part of the 4x100m relay final team.

CJ, a former Applied Science student at Sir George Monoux College (190 Chingford Road, E17 5AA) finished fourth in his 100m semi-final. His 10.01 seconds finishing time left him just 0.15 seconds behind the semi-final winner – a certain Usain Bolt! Unfortunately, CJ did not make the final on this occasion, but ran in the 4x100m relay final, in which Great Britain finished fifth overall.

Fiona Pennie

Originally from Scotland, kayaker Fiona Pennie moved to Waltham Forest to be closer to the Lee Valley White Water Rafting Centre after she narrowly missed out on a place in the London 2012 Olympic team.

Having made the squad for Rio 2016, Fiona finished sixth overall in the Women's K1 final.

When she's not on the water, Fiona is also a member of Waltham Forest Hockey Club, who train at Walthamstow Academy (Billet Road, E17 5DP).

A keen hockey player since school, Fiona said: "Waltham Forest Hockey Club were a perfect fit, they understand that my kayaking comes first but will give me a game when I am available."

"Training for kayaking can be quite lonely, but with hockey it is all about being in it together. So on a wet November evening we still have great fun when we turn up for training."

More info

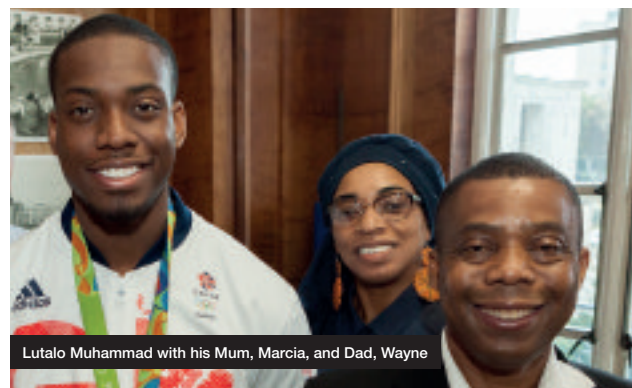
For more information on sports clubs and facilities in Waltham Forest, visit www.walthamforest.gov.uk/sport or email sports.dev@walthamforest.gov.uk



Reece Prescod in action at the British Championships. Photo by Mark Shearman.



CJ Ujah made his Olympic debut in Rio

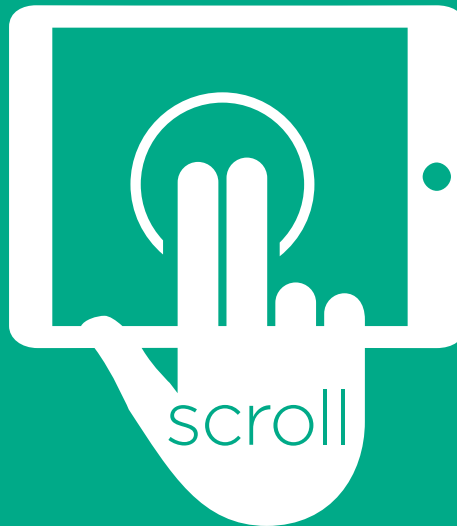


Lutalo Muhammad with his Mum, Marcia, and Dad, Wayne



Kayaker Fiona Pennie in action in the women's K1 final in Rio

Are pests causing you a problem?



The Council is here to help

If you have a problem with rodents, insects or other pests in your home, you can get them treated by our pest control team.

You can book an appointment at
www.walthamforest.gov.uk/pest-control



More services
available online.



Planning

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 160964
APPLICANT Mr Salim Malik
ADDRESS 9 Oakhurst Gardens, Walthamstow, London, E17 3PX
PROPOSAL Single storey Side extension. The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

1: Go to www.walthamforest.gov.uk
2: Click on 'planning applications' (under most popular)

3: Click on the green text 'search for planning applications'

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

Dated this day 5th September 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162254
APPLICANT Mr Docho Georgiev
ADDRESS Flat F, 137 Whipps Cross Road, Leytonstone, London, E11 1NP
PROPOSAL Construction of mansard roof extension to main rear roof
The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

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Dated this day 5th September 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162085
APPLICANT Mrs Elizabeth Davies
ADDRESS 16 Pembroke Road, Walthamstow, London, E17 9PB
PROPOSAL Construction of single-storey outbuilding (treehouse) in rear garden.

The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

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Dated this day 5 September 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162481
APPLICANT Mr & Mrs Peter & Vicky Koo
ADDRESS 43 Bemsted Road, Walthamstow, London, E17 5JY
PROPOSAL Construction of dormer roof extension to main rear roof together with the installation of three roof lights to front roof slope.

The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

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Dated this day 17 August 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 161950
APPLICANT Mrs HERALDO
ADDRESS 8 Inks Green, Chingford, London, E4 9EL

PROPOSAL Installation of replacement windows to front, rear and side elevations of property

The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

1: Go to www.walthamforest.gov.uk
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Dated this day 24 August 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162656
APPLICANT Mr Jas Gujral
ADDRESS 20 Foresting Glade, Leytonstone, London, E11 1LU

PROPOSAL Single storey rear extension and loft conversion with rear dormer window and rooflight at front.
The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

1: Go to www.walthamforest.gov.uk
2: Click on 'planning applications' (under most popular)

3: Click on the green text 'search for planning applications'

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

Dated this day 5th September 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162660
APPLICANT Mrs FARIDA JHETAM
ADDRESS 1 Lichfield Road, Woodford Green, IG8 9SY

PROPOSAL Variation of condition 2 (approved plans) in connection with planning permission 2014/1021 (Two storey side extension to form new 4 bedroom semi-detached dwelling including rooms in roof with rear dormers to existing and proposed dwellings, and ground floor rear extension to existing). Variation to include the enlargement of the proposed rear dormers to both properties.

The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

1: Go to www.walthamforest.gov.uk
2: Click on 'planning applications' (under most popular)

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Dated this day 5 September 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162446
APPLICANT Mr Ronak Patel
ADDRESS 4 Crown Buildings, The Green, Chingford, London, E4 7EX
PROPOSAL Variation of condition 3 pursuant to planning permission dated 05/06/2014 ref: 2013/0911 (change of use from retail shop (class A1) to cafe/bistro (class A3) at ground floor) for the extension of opening hours to 0800-2300 Monday to Saturday, and 0800-1900 on Sundays and Bank Holidays.
The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

1: Go to www.walthamforest.gov.uk
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Dated this day 5th September 2016
Rob Bristow, Head of Development Management and Building Control
London Borough of Waltham Forest

London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

APPL. NO 162618
APPLICANT Mr Zahid Gulrez
ADDRESS 285 High Road Leyton, Leyton, London, E10 5QN
PROPOSAL Construction of two storey side and rear extension to create office space (class B1) on ground floor level an 1 x 2 bedroom flat on first floor level.

The application is available to view on the following website:

www.walthamforest.gov.uk/planning-search

or follow these simple steps:-

1: Go to www.walthamforest.gov.uk
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Dated this day 5 September 2016
Rob Bristow, Head of Development
Management and Building Control
London Borough of Waltham Forest

Highways

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6 and 84

BILLET ROAD CORRIDOR (T23(16)) INTRODUCTION AND AMENDMENT OF WAITING AND LOADING RESTRICTIONS, SPEED LIMIT AND REMOVAL OF DISABLED PARKING

The Waltham Forest (Charged-For Parking Places) (Amendment No. 3) Order 2016
The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. 22) Order 2016, The Waltham Forest (20 Mph) (No. 3) Speed Limit Order 2016

1. **NOTICE IS HEREBY GIVEN** that on **5th September 2016** the London Borough of Waltham Forest Council made the above-mentioned Orders under sections 6 and 84 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with existing Zebra crossings, cycle improvements and shared highway and footway space for moving vehicles and pedestrians at junctions hereinafter termed "Copenhagen Style blended crossings" would be:-

- provide "at any time" double yellow lines waiting restrictions:
- on the **western side of Blackhorse Lane E17 and Billet Road E17**, from the existing "at any time" waiting restrictions situated immediately north of the northern kerb-line of Riverhead Close northwards to a point 3 metres north of the common boundary of Nos. 412 and 414 Billet Road ;
- on the **northern side of Billet Road E17**
 - from the end of the existing "at any time" waiting restrictions situated immediately east of the eastern kerb-line of Sinnott Road eastward to the existing "at any time" waiting restrictions situated immediately west of the western kerb-line of Lawrence Avenue;
 - between the south-west boundary of No. 2 Swansland Gardens and a point opposite the common boundary of Nos. 249 and 251 Billet Road;

- for a distance of 10 metres on both sides of **Higham Hill Road** from its respective junction with Billet Road;
- on the **southern and eastern sides of Billet Road E17**

- between the common boundary of Nos. 249 and 251 Billet Road to its junction with Higham Hill Road;
- from the eastern end of the existing "at any time" waiting restrictions situated immediately east of the eastern kerb-line of Sinnott Road eastward to a point opposite the common boundary of Nos. 346 and 346a Billet Road;
- between a point opposite the common boundary of Nos. 352 and 354 Billet Road and a point outside the north-eastern wall of No. 315 Billet Road;
- on the **eastern side of Blackhorse Lane E17 and Billet Road E17**,
 - from the existing "at any time" waiting restrictions situated immediately north of the northern kerb-line of Sutton Road northwards to a point outside the south-west wall of No. 349 Billet Road; and
 - from the existing "at any time" waiting restrictions situated immediately south of the southern kerb-line of Sutton Road southwards to the existing "at any time" waiting restrictions situated immediately north of the northern kerb-line of Worcester Road.

- remove the "at any time" double yellow lines waiting restrictions for up to a maximum distance of 12 metres (or to the maximum distance of the Copenhagen crossing*) on both sides of **Riverhead Close E17, Sutton Road E17, Lee Close E17, Sinnott Road E17 (northern side), Sinnott Road E17(southern side), Lawrence Avenue E17 and Sutton Road E17** at their respective junction with **Blackhorse Lane and Billet Road E17**.
NB/ "Copenhagen Style blended crossings will be built over waiting restrictions at these junctions with Blackhorse Lane and Billet Road E17. Parking on a Copenhagen styled crossing or on any raised section of highway above the existing highway is a contravention and is prohibited under section 86 of The Traffic Management Act 2004 (exceptions apply).

- introduce a maximum speed limit of 20mph in **Billet Road E17** between its junction with Crooked Billet Roundabout and a point outside No. 312 Blackhorse Lane; and
- remove the disabled parking place outside No. 174 (post office) and replace with double yellow lines "at any time" waiting restrictions and no loading restriction between Mon-Sat 7am-10am and 4pm-7pm.

- Copies of the Orders, which will come into operation from **5th September 2016** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

- Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the

Order may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 5th September 2016, Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6, 45 and 124

LEYTONSTONE REGION WALKING AND CYCLING IMPROVEMENTS (T27a(16)) REMOVAL OF PARKING, AMENDMENTS TO WAITING AND LOADING RESTRICTIONS, AMENDMENT/ PROVISION OF ONE WAY WORKING/NO ENTRY AND CONTRAFLOW CYCLING The Waltham Forest (Prescribed Routes) (Leytonstone TC No. 2) Traffic Order 2016

The Waltham Forest (Charged-For Parking Places) (Amendment No. 3) Order 2016

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. 23) Order 2016,

1. **NOTICE IS HEREBY GIVEN** that on **5th September 2016** the London Borough of Waltham Forest made the above-mentioned Orders under sections 6, 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with new and existing crossings, cycle improvement and shared highway and footway space for moving vehicles and pedestrians at junctions will be to:-

- Prohibit vehicles (except cycles) from proceeding at any time in any direction other than from west to east in **Burghley Road E11**;
- Prevent vehicles entering (except cycles) **Burghley Road E11** where entry to that road is prohibited by a no-entry sign plate situated at its junction with Leytonstone High Road.
- exempt pedal cycles from the following one-way roads and allow the following movements:-
 - Barclay Road E11**: eastbound, between its junctions with High Road Leytonstone (HRL) and Stanmore Road;
 - Harrington Road E11**: south-eastbound and eastbound, between its junctions with Vernon Road and its HRL;
 - Vernon Road E11**: northbound, between its junctions with Harold Road and Harrington Road;
 - Mornington Road E11**: southbound, between its junctions with Michael Road and Woodville Road;
 - Harvey Road E11**: westbound, between its junctions with Mohammad Khan Road and Mornington Road;
 - Leyspring Road E11**: eastbound, between its junctions with Woodville Road and Bushwood;
 - Hartley Road E11**, eastbound, between its junctions with Beacontree Road and Woodville Road;
 - Leybourne Road E11**, eastbound, between its junctions with Woodville Road and Bushwood; and
 - in **Grove Green Road E11/ Kingswood Road E11**:
 - remove the three LSW permit parking

spaces outside Nos. 6, 8 and 10 Kingswood Road and convert to double yellow lines "at any time" waiting restrictions;

- convert all single yellow line waiting restrictions between Nos. 2 and 18 Kingswood Road operating between Mon-Sat 8am-6.30pm to double yellow lines "at any time" waiting restrictions.

- Copies of the Orders, which will come into operation from **5th September 2016** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

- Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 5th September 2016
Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

THE WALTHAM FOREST (VARIOUS ROADS, MARKHOUSE ROAD E17, E4 and IG8 REGIONS) (VARIOUS MEASURES) (NO. 1) ORDER 2016 (TT39(16))

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it proposes to make an Order to enable highway construction and resurfacing works to be carried out in a safe and efficient manner in various roads in the post code regions **E17, E4 and IG8**, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed to temporarily prohibit traffic (except works vehicles), restrict waiting and loading by vehicles (except works vehicles) reduce a speed limit from 30 mph to 20 mph and suspend one-way working in certain roads.

- Whilst the works are being carried out, no person shall:
 - cause or permit any vehicle to enter, proceed, wait or load for any purpose, or exceed a speed limit of 20 mph at any time, in **Markhouse Road E17*** (between its junctions with Lea Bridge Road and South Grove E17);
 - cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 50 metres of the junction of any road adjoining **Markhouse Road E17**;
 - cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in **The Bridal Path, IG8*, Park Hill Road E4*** and **Larkshall Road E4** – between the common boundary of No. 218 and 220 Larkshall Road and Nos. 338 and 340 Larkshall Road and
 - The Avenue E4** – all.
- Whilst the works are being carried out and when regulatory signs are displayed

one-way operation for traffic will be temporarily suspended in Callis Road E17 and Verulam Avenue E17.

- Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.
- Vehicles waiting or loading in disregard of this Order would be removed.
- The restrictions mentioned above would not apply in relation to any vehicle being used -
 - in connection with the said works; or
 - for ambulance, fire brigade or police purposes in an emergency.
- The Order would come into operation on:

- 26th September 2016** and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner, for the roads mentioned in paragraphs 2(a) to (c) above, and
- 22nd October 2016** and would be valid for a maximum period of 3 weeks or until the works are completed, whichever is the sooner, for the section of road mentioned in paragraph 2(d) above.

NOTE: "These works would not be carried out simultaneously in all roads or sections of roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary."

Dated 5th September 2016
Mr K Valavan, Director of Highways and Parking, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC ACT 1984 SECTION 6 PETERBOROUGH ROAD NEIGHBOURHOOD SCHEME PERMANENT MAKING OF EXPERIMENTAL ONE-WAY WORKING AND POINT ROAD CLOSURE – VARIOUS STREETS E10 (T28(16))

THE WALTHAM FOREST (PRESCRIBED ROUTES) (NO. 7) TRAFFIC ORDER 2016

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest on **5th September 2016** made the above-mentioned Order under section 6 of the Road Traffic Regulation Act 1984, as amended.

- The general effect of the Order will be to continue indefinitely the provisions of The Waltham Forest (Prescribed Routes) (No. 9) Experimental Traffic Order 2014 and its subsequent modifications in 2015, which prohibited any vehicle (except pedal cycles) to:-

- proceed in any direction other than those described in the roads or parts of roads mentioned below:-
 - Colchester Road, E10** – between the north-eastern kerb-line of Essex Road and its junction with Peterborough Road – from south-west to north-east;
 - Liverpool Road, E10** – from north-east to south-west;
 - Matlock Road, E10** – between the north-eastern kerb-line of Essex Road and its junction with Peterborough Road – from south-west to north-east;
 - Nottingham Road, E10** – between the north-eastern kerb-line of Essex Road and

its junction with Peterborough Road – from north-east to south-west;

(v) **Peterborough Road, E10** – between the south-eastern kerb-line of Lea Bridge Road and the north-western kerb-line of Carnarvon Road – from north-west to south-east; and

(vi) **Peterborough Road, E10** – between the north-western kerb-line of Colchester Road and the south-eastern kerb-line of Canterbury Road – from south-east to north-west, or

(b) enter **West End Avenue, E10** at its junction with Peterborough Road E10;
(c) prevent any vehicle (except pedal cycles) entering a road where entry to that road is prohibited by a no-entry sign plate shown at the location in respect of the road listed between paragraphs 2(c)(i) and 2(c)(vii) below:-

(i) **Canterbury Road E10** – at its junction with Essex Road E10;

(ii) **Colchester Road, E10** – at its junction with Peterborough Road E10;

(iii) **Liverpool Road, E10** – at its junction with Essex Road E10;

(iv) **Matlock Road, E10** – at its junction with Peterborough Road E10;

(v) **Nottingham Road, E10** – at its junction with Essex Road E10;

(vi) **Peterborough Road, E10** – at a point adjacent the south-eastern kerb-line of Canterbury Road E10;

(vii) **Peterborough Road, E10** – at a point adjacent the north-western kerb-line of Carnarvon Road E10.

3. Copies of the Order, which will come into operation from **5th September 2016** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of the Order or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Order, make application for the purpose to the High Court.

Dated 5th September 2016

Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM FOREST

WAITING AND LOADING RESTRICTIONS, LOADING PLACES, CHANGES TO THE PROVISION OF PARKING PLACES

The Waltham Forest (Charged-For Parking Places) (Amendment No. 6)

Order 2016

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment 24) Order 2016 – T22(16)

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest on **5th September 2016** made the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of

Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders will be: (a) to introduce double yellow lines (“at any time” waiting restrictions) in the lengths of roads specified in Schedule 1 to this Notice (in some cases this would involve extending lengths of existing double yellow lines); (b) to convert existing single yellow line waiting restrictions to double yellow lines (“at any time” waiting restrictions) in the lengths of roads specified in Schedule 2 of this Notice;

(c) to introduce single yellow line waiting restrictions operating from 8 a.m. to 6.30 p.m. on Mondays to Fridays inclusive in **South Access Road E17 – north side**, for a distance of 20 metres opposite Barn Croft Primary School;

(d) upgrade the existing single yellow line waiting restrictions operating from 8 a.m. to 6.30 p.m. Mondays to Saturdays inclusive to 8 a.m. to 9.30 p.m. on Mondays to Saturdays inclusive and from 10 a.m. to 9.30 p.m. on Sundays on both sides of **Vernon Mews E17** and extend those restrictions from their existing end points adjacent the common boundary of Nos. 126 and 128/130 High Street to; **(1) on the north side**, to the north-eastern boundary of No. 138 High Street and **(2) on the south side**, to a point in line with the north-south-western wall of No. 140 High Street;

(e) on **both sides of Hollywood Way E11**, convert 4 **CF** permit holder parking bays situated at its northern extremity into Cashless (Pay by Phone) Parking Places in operation between 8 a.m. and 1 p.m. and 2 p.m. and 6.30 p.m. Mondays to Fridays inclusive with 15 minutes free parking or paid for parking with a maximum stay of 2 hours and no return within 2 hours.

Nb: The Charges for all cashless parking places are £1.00 for 30 minutes, £1.70 per hour, £2.70 for 1hr and 30 minutes and £3.40 for 2 hours).

(f) in **Maynard Road E17 – south side**, remove the existing section of single yellow line outside No. 108.

(g) in **Farmer Road E10 – north-east side**, (1) reduce the length of existing BWR permit parking space outside property No. 205 by 1 metre south-eastwards and (2) extend the existing single yellow line situated outside No. 205 and the service road by the same distance south-eastwards (the single yellow line times will operate between 8 a.m. to 6.30 p.m. on Mondays to Saturdays inclusive. The times will be indicated by the CPZ entry sign plates);

(h) in **Wood Street E17 – west side**, (1) extend the existing loading and unloading restriction times to “No Loading/Unloading at any time” from its junction with Forest Road to a point 22.4 metres southwards and (2) extend to “No Loading/Unloading 7 a.m. to 7 p.m. from Mondays to Sundays inclusive” from a point 22.4 metres south of its junction with Forest Road for a distance of 22.9 metres southwards.

(i) in **Forest Road E17 – south side**, extend the existing loading and unloading restriction times to “No Loading/Unloading at any time” from its junction with Wood Street for a distance of 8.3 metres westwards.

(j) in **Normanshire Drive E4 – (1) both sides**, introduce “No Loading/Unloading at any time” restrictions (double kerb markings) from its junction with Chingford Mount Road for a distance of 9.5 metres

eastwards and **(2) south side**, introduce “No Loading/Unloading from 8 a.m. to 9.30 a.m. and from 4.30 a.m. to 6.30 p.m. Mondays to Fridays inclusive” restrictions (single kerb markings) from a point 9.50 metres east of its junction with Chingford Mount Road for a distance of 18.0 metres eastwards.

(k) in **Marchant Road E11 – north-west side**, remove the complete section of single yellow line near its junction with Mayville Road between the zebra crossing and Mayville Road.

(l) in **Brookdale Road E17 – both sides**, introduce “No Loading/Unloading at any time” restrictions from its junction with Greenleaf Road for a distance of 8.0 metres northwards.

(m) in **Greenleaf Road E17 – north side**, introduce “No Loading/Unloading at any time” restrictions from north-west kerb line of Brookdale Road for a distance of 8.0 metres westwards.

(n) in **Billet Road E17 – north side**, provide a 29.7 metre inset Loading Place operating 7 a.m. to 7 p.m. from Mondays to Sundays opposite and between the western kerb-line of Wigton Road and a point 1.6 metres east of No. 119 Billet Road;

(o) in **High Road Leytonstone E11 – east and west sides** – convert all free unrestricted parking places between Davies Lane and Joseph Ray Road (except outside Marrie Court) to short stay Cashless (Pay by Phone) Parking Places in operation between 10 a.m. and 1 p.m. and 2 p.m. and 4.00 p.m. Mondays to Saturdays inclusive with 15 minutes free parking or paid for parking with a maximum stay of 2 hours and no return within 2 hours.

Nb/ The Charges for all cashless parking places are £1.00 for 30 minutes, £1.70 per hour, £2.70 for 1hr and 30 minutes and £3.40 for 2 hours).

3. Copies of the Orders, which will come into operation from **5th September 2016** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 5th September 2016

Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS.

SCHEDULE 1

Albert Avenue E4 – both sides, from a point in line with the easternmost boundary of property No. 2 for a distance of 6.5 metres eastwards; **Beechwood Drive IG8 – both sides**, (1) from the common boundary of properties Nos. 9 and 11 for a distance of 2.2 metres north-west, (2) from the common boundary of properties Nos. 21 and 23 for a distance of 2.3 metres

north-west; **Billet Road E17 – south side**, extend the existing double yellow line situated opposite property No. 68

south-west to a point opposite the common boundary of properties Nos. 74 and 76;

Buxton Road E4 – north side, from the common boundary of property No. 3 and the Chingford URC Church for a distance of 6.1 metres north-west; **Castle Avenue E4 – north side**, outside the dropped kerb of property no. 29 Bailey Court for a distance of 4 metres;

Chester Road E17 – both sides – from its junction with Coppermill Lane for a distance of 8.0 metres south-eastwards and (2) from its junction with Salop Road for a distance of 8.0 metres north-westwards;

Chase Gardens E4 – (1) south side, extend the existing double yellow line situated at its junction with York Road east to a point opposite the common boundary between properties Nos. 19/20 and 17/18, **(2) north side**, from its junction with York Road to a point in line with the east-facing wall of property No. 1,

(3) the complete turning head at its eastern extremity ending on the north side at the point opposite the easternmost boundary of property No. 13/14 and on the south side at a point opposite the easternmost boundary of property No. 7/8;

Cobham Road E17 – north side, from its junction with Guildford Road for distances of 8 metres north-east and south-west;

Connington Crescent E4 – (1) west side, from its junction with Saxlingham Road for a distance of 15.1 metres north and **(2) east side**, extend the existing double yellow line situated at its junction with Hatch Lane for a distance of 8.7 metres north;

Coppermill Lane E17 – south-east side, (1) from a point 8 metres north-east of the eastern kerb line of Rensburg Road and a point 8 metres south-west of the western kerb line of Rensburg Road **(2)** from a point 8 metres north-east of the eastern kerb line of Chester Road and a point 8 metres south-west of the western kerb line of Chester Road and **(3)** between the common boundary of property Nos. 185/183 and a point 5 metres west of the western kerb line of York Road;

Elmfield Road E17 – north side, from its junction with Rensburg Road for a distance of 8.0 metres south-west; **Freedom Close E17 – both sides**, the complete section from its junction with Stoneydown until the existing gates;

Gascoigne Gardens IG8 – south side of the south-easternmost arm, from its junction with Oak Hill for a distance of 8.0 metres south-west;

Gramer Close E11 – (1) south side, from its junction with Norman Road for a distance of 8.0 metres south-east, **(2) north side**, from its junction with Norman Road for a distance of 8.0 metres south-east and opposite the southernmost boundary of the island;

Guildford Road E17 – both sides, from its junction with Cobham Road for a distance of 8.0 metres north; **Hampton Road E4 – both sides**, between a point 8.6 metres west of the western kerb line of York Road and a point 8.4 metres east of the eastern kerb line of York Road;

Hickman Avenue E4 (southernmost arm) E4 – north side, from a point 8.8 metres east of the eastern kerb line of the north to south arm of Hickman Avenue eastwards for a distance of 5.8 metres;

Hungerdown E4 – the complete turning head at its north-western extremity,

ending on the south-east side at a point opposite the common boundary of properties Nos. 29 and 31 and on the north-east side at a point opposite the northernmost point of the entrance to the garages; **Keith Road E17 – (1) north side**, opposite the southernmost boundary of the kerb line outside properties Nos. 16 and 18, **(2) south side**, opposite the northernmost boundary of the kerb line outside properties Nos. 13/15; **Lamorna Close E17 – south side**, extend the existing double yellow line situated outside property No. 66 for a distance of 59.7 metres north-east; **Manor Way E4 – east side of central island**, extend the existing double yellow line situated outside No. 33 by a distance of 4.9 metres north-west; **Mapleton Road E4 – north side**, from its junction with Oakley Close for a distance of 8.0 metres east and west; **Newbury Road E4 – south side**, adjacent the dropped kerb leading to the service road off Newbury Road for a distance of 4.7 metres; **Nightingale Avenue E4 – (1) north side**, from its junction with The Avenue for a distance of 10.0 metres south-east, and **(2) south side**, from its junction with The Avenue for a distance of 8.0 metres east; **Norman Road E11 – east side**, from its junction with Gramer Close for a distance of 8.0 metres south-west and north-east; **Oak Hill IG8 – south-west side**, from its junction with the south-easternmost arm of Gascoigne Gardens to a point opposite the common boundary of properties Nos. 19 and 17; **Oakley Close E4 – both sides**, from its junction with Mapleton Road for distances of 8.0 metres north; **Palace View Road E4 – (1) north side**, from its junction with Underwood Road for a distance of 10.8 metres west and **(2) south side**, from its junction with Underwood Road for a distance of 10.5 metres west; **Rensburg Road E17 – (1) west side**, from its junction with Coppermill Lane to its junctions with Elmfield Road and **(2) east side**, from its junction with Coppermill Lane for a distance of 8.0 metres south; **Salop Road E17 – north-west side** – (1) between a point 8 metres north-east of the north-eastern kerb line of Chester Road and a point 8 metres south-west of the south-western kerb line of Chester Road and (2) between a point 8 metres north-east from the north-eastern kerb line of York Road and a point 8 metres south-west from the south-western kerb line of York Road; **Saxlingham Road E4 – north side**, from its junction with Connington Crescent for a distance of 8.0 metres west; **Shaftesbury Road E10 – the turning head at its south-eastern extremity**, for a distance of 11.8 metres on its north-east side and for 6.7 metres on its south-east side; **South Avenue E4 – north side**, from a point in line with the easternmost boundary of No. 23 to a point in line with the southernmost boundary of No. 25; **Stoneydown E17 – both sides**, the complete section between the raised crossing with Blackhorse Road and the existing gates/barriers; **Stow Crescent E17 (south to north arm) – west side**, from a point in line with the common boundary of properties Nos. 27 and 28 to a point in line with the north-facing wall of property No. 27; **Sutherland Road E17 – south side**, extend the two sections of existing double yellow line situated outside No. 43 and fill the unrestricted area with

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double yellow line (“at any time” waiting restrictions); **The Avenue E4 – east side**, (1) from a point in line with the common boundary of properties Nos. 178 and 180 south-west to its junction with Nightingale Avenue and (2) from its junction with Nightingale Avenue for a distance of 8.0 metres south-westwards; **Underwood Road E4 – west side**, from its junction with Palace View Road for a distance of 10.9 metres north and south; **Verulam Avenue E17 – (1) (north to south arm) – west side**, between its junction with Tudor Court and the common boundary of Nos. 30 and 32 Verulam Avenue and **(2) (east to west arm) – south side**, extend existing double yellow line opposite Verulam Avenue (north to south arm) westwards by 1 metre; **Walthamstow Avenue E4 (west to east arm) – both sides**, the complete section; **Warren Road E4 – west side**, from a point in line with the south-facing wall of property No. 14b/14c for a distance of 5.5 metres southwards; **Winchester Road E4 – west side**, extend the existing double yellow line situated adjacent Nos. 196 to its junction with Wadham Road northwards for a distance of 12.2 metres/or to a point opposite the common boundary of Nos. 194 and 196 Winchester Road; **Woodend Road E17 – east side**, from a point in line with the common boundary of properties Nos. 49 and 51 to a point in line with the north-easternmost boundary of No. 59; **York Road E4 – (1) east side**, from its junction with Chase Gardens for a distance of 15.8 metres north and **(2) both sides**, between a point 7.6 metres north of the northern kerb line of Hampton Road and a point 7.8 metres south of the southern kerb line of Hampton Road; **York Road E17 – both sides (1)** – from its junction with Coppermill Lane for a distance of 8.0 metres south-eastwards and **(2)** from its junction with Salop Road for a distance of 8.0 metres north-westwards.

SCHEDULE 2

Clifton Avenue E17 – north side, the existing section of single yellow line adjacent to No. 34 Blackhorse Lane; **Courtenay Mews E17 – both sides**, the complete section; Greenleaf Road E17 – north side, outside the dropped kerb of property No. 130 Hoe Street from the existing short stay parking bay westwards for a distance of 7.0 metres; **Northcote Road E17 – north side**, outside property No. 204.

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (BRIDGE WORKS – GROVE GREEN ROAD E11) (TEMPORARY MEASURES) (NO. 1) ORDER 2016 (TT35(16))

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on **Monday 5th September 2016** it made an Order to enable essential bridge works to be carried out in a safe and efficient manner. This Order will continue the effects of the temporary measures set out in the Road Traffic Regulation Act 1984 – Section 14(2) street notification on 22nd August 2016.

2. The general effect of th Order will be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict

waiting and loading by vehicles (except works vehicles) in:

- (a) **Richmond Road E11** between its junction with Grove Green Road E11 and Pretoria Road E11; or
 - (b) **Grove Green Road E11** between the north-eastern boundary of No. 2 Richmond Road and its junction with Scarborough Road E11.
3. Vehicular access to properties affected by these works will be maintained wherever possible, subject to the extent and operation of the prohibitions.
4. Whist the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic will be as directed by traffic signs.
5. The prohibitions mentioned above will not apply in relation to any vehicle being used:
- (a) in connection with the said works; or
 - (b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.
6. The Order will come into operation on Saturday 10th September 2016 and will be valid for a period of 6 months, or until the works are completed whichever is the sooner.
- NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary. The prohibition outlined in paragraph 2(b) is intended to be overnight works.*

Dated 5th September 2016
Mr K Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST AMENDMENT OF OPERATIONAL HOURS IN RUCKHOLT CLOSE CONTROLLED PARKING ZONE (CPZ) PROVISION OF AND MINOR AMENDMENTS TO “AT ANY TIME” WAITING RESTRICTIONS – BOARDMAN AVENUE E4 AND WEALE ROAD E4 The Waltham Forest (Charged-For Parking Places) (Amendment No. 7) Order 2016

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No.25) Order 2016 – T31abc(16)

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest on **5th September 2016** made the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.
2. The general effect of the Orders pertaining to:
- (a) **Ruckholt Close E10** will be to amend the operational hours of the Ruckholt Close (Zone RC) CPZ from operating between 10.00 a.m. and 4.00 p.m. on Mondays to Sundays inclusive to operating between 8 a.m. and 9.00 p.m. on Mondays to Sundays inclusive;

- (i) the operational hours for permit parking places and single yellow line waiting restrictions in Ruckholt Close E10 would be during the new CPZ hours; and
 - (ii) existing “At any time” waiting restrictions in Ruckholt Close, E10 would remain unchanged;
 - (b) **Weale Road E4** – northern side – will be to provide double yellow line at any time waiting restrictions between the existing double yellow line at any time waiting restrictions adjacent the wheelchair ramp to the care home and to remove the advisory ambulance bay markings.
 - (c) **Boardman Avenue E4** – the south-west side – will be to provide double yellow line at any time waiting restrictions between the eastern kerb line of Sewardstone Gardens and lamppost No. 16 situated opposite Antlers Hill.
3. Copies of the Orders, which will come into operation from **5th September 2016** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.
4. Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Orders, make application for the purpose to the High Court.
- Dated 5th September 2016**
Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM FOREST HIGHWAYS ACT 1980 – SECTIONS 90A AND 90C BILLET ROAD CORRIDOR (T23b(16)) – further provisions INTRODUCTION OF TRAFFIC CALMING – RAISED PEDESTRIAN/SIGNALISED CROSSINGS

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (the Council) under section 23 of the Road Traffic Regulation Act 1984, Sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to:-
- (a) convert an existing “zebra” pedestrian crossing to a raised “tiger” pedestrian crossing in **Billet Road E17** near Guildsway E17;
 - (b) convert an existing “signalised” pedestrian crossing to a raised signalised” pedestrian crossing in **Billet Road E17** near Folly Lane E17;
- The elevated section of the crossings mentioned above will extend across the full width of the carriageway with sinusoidal ramps measuring up to 2 metres in length with a plateau of up to 30 metres in length on the crossings and associated zig-zag markings.
2. **FURTHER NOTICE IS GIVEN** that the Council, in accordance with Sections 90A

and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999, proposes to introduce:

- (a) entry treatments in:
 - (i) **Guildsway E17 and Durban Road E17** – both at their respective junction with Billet Road. The entry treatments will measure up to 10 metres in length, including the gradients each measuring up to 2 metres in length; and
 - (ii) **Kimberley Road E17** at its respective junction with Billet Road. The entry treatment will measure up to 7 metres in length in including the gradients which will each measure up to 2 metres in length.
 - (b) a speed table in **Billet Road E17**: outside and between Nos. 206 and 210 Billet Road (measuring up to 35 metres in length); this length include gradients either side of the table which will measure up to 2 metres in length.
- All speed tables, entry treatments and raised zebra crossings with sinusoidal ramps would be elevated sections of carriageway approximately 100 millimetres (+/- 5mm) higher than the surrounding carriageway, extending across the full width of the carriageway.*

3. Plans of the proposed measures can be inspected during normal office hours on Mondays to Fridays inclusive until a period of 21 days from the date on which this Notice is published, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, The London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS
4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T23b(16) – Billet Road further tables** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.
- For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T23b(16)**
- Dated 5th September 2016**
Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6, 23 and 45 HIGHWAYS ACT 1980 – SECTIONS 90A AND 90C – LEA BRIDGE ROAD SECTION B (T30(16))

INTRODUCTION OF PEDESTRIAN CROSSINGS, ROAD CLOSURES (EXCEPT CYCLES), REMOVAL AND PROVISION OF PARKING AND LOADING, AMENDMENTS TO BUS LANES AND WAITING AND LOADING RESTRICTIONS, SHARED CROSSING FACILITIES FOR PEDESTRIANS AND CYCLISTS, REMOVAL OF ONE WAY WORKING

The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 201*

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions)

(Amendment No. *) Order 201*
The Waltham Forest (Bus Lane) (Amendment No. *) Traffic Order 201*
The Waltham Forest (Prescribed Routes) (No.) Traffic Order 201*

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (the Council) under section 23 of the Road Traffic Regulation Act 1984, Sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to convert the existing “Pelican” pedestrian crossing to a “Toucan” pedestrian crossings with parallel cycling facilities in **Lea Bridge Road (LBR) E10** adjacent Nos. 267 and 269; 285 and 173.
2. **FURTHER NOTICE IS GIVEN** that the Council proposes to make the above-mentioned Orders under sections 6 and 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with cycle improvements and shared highway and footway space for moving vehicles and pedestrians at junctions hereinafter termed “Copenhagen Style blended crossings” would be to:-
- (a) on **both sides of Lea Bridge Road (LBR) E10** – convert all waiting and loading restrictions between the north east kerbline of Orient Way and Argall Way and the south west kerbline with Church Road and Markhouse Road to double yellow lines and double kerb marking “at any time” waiting and loading restrictions, except:
 - (i) on:
 - i. the **northern side** between Nos. 275 and 287 LBR; and
 - ii. the **southern side** between Nos. 340 and 354 LBR, opposite and between Nos. 293 and 299 LBR, between Nos. 312 and 328 LBR,
- all which would consist of Pay by Phone (or vouchers parking where supplied) parking places operating 8am to 1pm and 2pm to 6.30pm with the first 15 minutes parking ‘free’ or Pay by Phone with a maximum stay of 2 hours and no return within 2 hours. Charges are shown in **Schedule 1** below;
- (ii) on the **southern side**:
 - i. between Nos. 196/198 and 204 LBR which would consist of a Loading Place (bay) operating between 10am and 4pm throughout the week; and
 - ii. between Nos. 176/178 and 196/198 LBR which would consist of a Free Short Stay parking place operating Mondays to Saturdays between 10am and 4pm with 30 minutes maximum stay and No Return within 1 hour;
 - (iii) on the **southern side** within the Free Short Stay parking place and the Loading Place (bay) mentioned in paragraphs 2. (a) (ii) i and ii above, no waiting or loading as indicated by a single yellow line and single kerb blips between Mondays and Saturdays between 7am and 10am and 4pm and 7pm
 - (iv) on the **southern side** between Nos. 178 and a point opposite No. 181 LBR and between Nos. 204 and 250 LBR ‘no loading’ restrictions indicated by a single kerb marking Mondays to Saturdays between 7am and 7pm (these will accompany the proposed double yellow lines mentioned in paragraph (a))
 - (b) on the **southern side** of LBR reduce the existing bus lane commencing outside the entrance to Nos. 1 – 14 Milestone Court LBR to end at its junction with Church Road E10; (c) on the **southern**

side of LBR between Nos. 278 and opposite No. 181 LBR provide a new bus lane for buses, licenced taxis and pedal cycles only operating Mondays and Saturdays between 7am and 10am and 4pm

(d) close to vehicular traffic **Sanderstead Road E10, Belvedere Road E10** and **Kettlebaston Road E10** at their respective junctions with Lea bridge Road;

(e) Remove the existing one-way prohibition in Kettlebaston Road;

(f) Introduce one way working into Bloxhall Road E10 between Lea Bridge Road and Clementina Road, where vehicles would be prohibited to proceed in any direction other than from north-west to south-east; and *NB/ *Copenhagen Style blended crossings will be built over waiting restrictions at the junction of all roads adjoining Lea Bridge Road (between Burwell Road and Millicent Road excluding roads proposed to be closed to through traffic (see paragraph 2(d) above)). Parking on a Copenhagen styled crossing or on any raised section of highway above the existing highway is a contravention and is prohibited under section 86 of The Traffic Management Act 2004 (exceptions apply).*

3. **FURTHER NOTICE IS ALSO HEREBY GIVEN** that the Council, in accordance with sections 65(1) of the Highways Act 1980, proposes to convert certain lengths of the footway and carriageway of **Lea Bridge Road E10** into cycle tracks for use by cyclists at the locations described in **Schedule 2** below. The cycle tracks are proposed to aid cyclists to link with existing and new cycle links and networks along key routes, and to avoid fast moving traffic on the carriageways.

4. A copy of each of the Orders, the Council's statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and measures can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS

5. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T30(16) – LBR Section B** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T30(16)**

Dated 5th September 2016
Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

SCHEDULE 1

Parking Period	Pay by phone	Voucher Scheme
30 minutes	£1	£1.25
1 hour	£1.70	£2.40
1 hour and 30 minutes	£2.70	1 x 1 hr and 1 x 30 min voucher charge
2 hours	£3.40	2 x 1 hr voucher charge

SCHEDULE 2

1. Length of highway on the both sides of Lea bridge Road E10 between the north east kerb line with Orient Way and Argall Way and the south western kerb line of Markhouse Road and Church Road

Notices

Titely Close – proposal for an area of Council land to be utilised for residents' parking.

Statutory Consultation – Secure Council Tenants of 1-43 Titely Close.
Section 105 of Housing Act 1985.
The Council intends to consult all secure tenants at 1-43 Titely Close on the proposal to utilise an area of Council owned land for residents' parking. This is

a "matter of housing management" that is likely substantially to affect secure tenants at these properties for the purposes of Section 105 of the Housing Act 1985. The arrangements for this consultation are as follows:

- On or around **5th September 2016** all secure tenants at 1-43 Titely Close will be sent a 'Titely Close' Information Pack summarising the issues involved and setting out the Councils' proposals. This pack will consist of a letter and drawings of the proposals.
- Secure tenants will be invited to make their views known to the Council via email or by writing to the Council at the addresses given in the Information Pack. We will also invite views from the leaseholders within the flats as leases may

need to be varied.

- Secure tenants will have 28 days to make their views known to the Council. Before making a final decision on this matter the Council will consider any representations made in accordance with these arrangements.

This Notice is published in accordance with Section 105(5) of the Housing Act 1985. A copy of this Notice is online at <http://www.walthamforest.gov.uk/dhwf-titelycloseparking> and for inspection at Waltham Forest Housing, Cedar Wood House, 2d Fulbourne Road, E17 4GG between 9am-5pm, Monday to Friday. In addition, a copy of this Notice will be given to any member of the public who asks for one.

Responses must be received no later than Monday 3rd October 2016.

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NHS
Waltham Forest
Clinical Commissioning Group

Shaping Health Services Together community conference and Annual General Meeting (AGM)

Please join us to find out more about your local health services and the role you can play in shaping them.

Date: Thursday 22nd September 2016

Place: Walthamstow Assembly Hall, Forest Road, E17 4JF

Times: 5.15pm - Hot and cold buffet/
Stands open for browsing

6.15pm - AGM

RSVP by Friday 9th September 2016

Email: communications@walthamforestccg.nhs.uk

Phone: 020 3688 2604



Invitation





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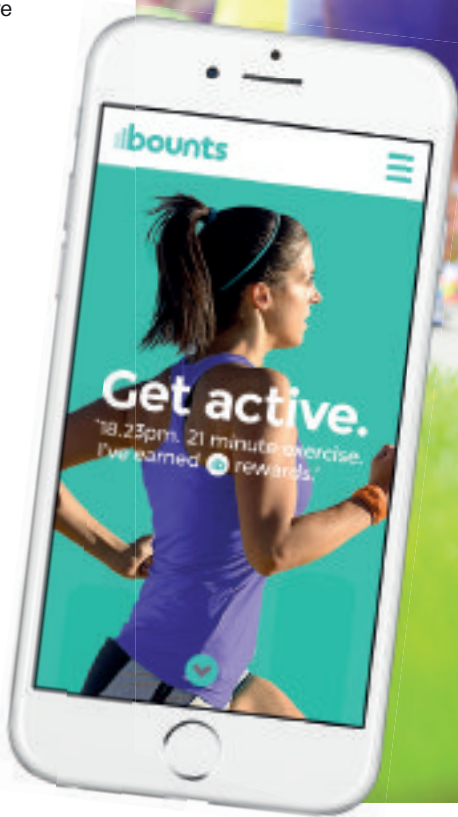
By logging your activity, you earn points which can be redeemed in the shop for cash vouchers from the likes of John Lewis, Sainsbury's, M&S, Amazon and many more.

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Join today and enter the referral code: **WFOREST1** to receive a reward once you track your first activity.

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Feel good for the whole family

Our Lloyd Park Children and Family Centre has a new focus, improving health and wellbeing to help whole families feel good!

In partnership with the national charity HENRY, (Health, Exercise and Nutrition for the Really Young) our centres will soon begin rolling out new sessions focusing on healthy eating for the family.

In addition, we are investing heavily in support for infant feeding, to help give your baby the best start in life.

Visit thelloydparkcentre.co.uk to find out more, as well as full details of all the support available, and the fun and educational sessions perfect for your young one!

Improving our health and wellbeing

Improving the health and wellbeing of our residents is a priority for the Council and we want to make sure that everyone who lives in Waltham Forest is happy, healthy, and thriving. We are working with the Waltham Forest Clinical Commissioning Group and other local organisations to develop and implement great health initiatives for the borough, including one of the biggest health issues our borough is facing: smoking.

Smoking tobacco is the biggest avoidable cause of death on average, smokers live 10 years less than non-smokers – a startling fact when you consider that smoking is linked to various cancers, heart disease and respiratory illnesses.

We recognise the valuable social, health and economic benefits that quitting smoking can create for our community, which is why we're committed to promoting the benefits of, and supporting people of all ages to quit smoking, get active and stay healthy.

Sign up to Stoptober

Each year thousands quit smoking for 28 days with Stoptober starting on 1 October. Stoptober aims to provide you with a range of free support, including packs, advice and daily tips to help you quit smoking for the month and beyond. Why not take the challenge and sign up today at nhs.uk/smokefree/stoptober



HOW WILL **YOU** QUIT THIS **STOPTOBER?**

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OPENING
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Waltham Forest
Feel Good
Centre

The Feel Good Centre is much more than a leisure centre

The Feel Good Centre in Walthamstow will open its doors to the public in October. The truly stunning facility, which is one of a kind in London hosts premium five star facilities including:

- A fantastic 25m pool eight lane competition pool with diving boards
- For adrenaline junkies there's an extreme sports zone with a climbing wall
- Indoor obstacle course
- Four-court sports hall
- Soft play area for children
- Dance studios
- Gym
- Outdoor floodlit artificial sports pitch
- A spa for those who want to unwind and relax

To find out more about the Feel Good Centre, visit FeelGoodWalthamForest.com

"Since London 2012 we have invested over £32m in our leisure centres and our flagship facility."



Get involved at **FeelGoodWalthamForest.com**